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A MANUAL OF  
FOOTBALL FOR  
HIGH SCHOOLS

CHARLES W. BACHMAN





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# A MANUAL OF FOOTBALL FOR HIGH SCHOOL COACHES

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## PREFACE

Several good books have been written on football, but without exception they have been intended for the use of coaches and players of college and university teams. It is the purpose of this book to deal only in fundamentals of football, and to place in the hands of high school coaches and players a simple, yet effective system of offense and defense. Simplicity has always been and always will be the foundation upon which successful systems of football are built. This is especially true of high school teams where, because of the comparative youth of the personnel, they lack the power to grasp and to execute complicated formations and plays.

Too often the high school coach has just recently graduated from college and his knowledge of football is confined to the system of offense that he learned at school. As is generally the case that particular offense, while well suited to college men of maturer years, is far over the heads of the pupils under his charge. Again, many high school coaches proceed upon the theory that all that a high school team needs is a vast assortment of trick plays which are taught without reference to the time, position of the field, and conditions under which they might reasonably be expected to work. To sacrifice the fundamentals of football in favor of fancy formations and plays is to invite disaster.

Football is a team game and the eleven that is well versed in fundamentals, that knows and thinks football, and possesses a simple offense which is understood by all and which is executed with clock-like precision, may reasonably be expected to win over a team with a complicated offense which is ragged in execution and calls for all of the high school boy's mental effort in trying to remember his particular assignment on each play.

Instead of spending the greater part of the time allotted to the afternoon's practice in teaching a heavy offense which calls for a lot of signal practice, it is better to teach the team a simple offense which will require little time, and to use the rest of the afternoon to teach tackling, blocking, charging and the other fundamentals of the game which are all-important.

CHARLES W. BACHMAN.





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# MANUAL OF FOOTBALL FOR HIGH SCHOOLS

## EQUIPMENT

High school teams as far as possible should be properly outfitted for their games, not only because they are entitled to all the protection that it is possible to give them, but because of the psychological effect that it has upon their opponents. A neat, well dressed team carries with it the suggestion of power and attention to details. It has been the writer's experience that in the long run the best athletic goods are the cheapest. A good pair of shoes will outwear two or three pairs of cheaper shoes. The same holds true for the other items of a player's equipment. Usually the initial cost of the best goods is hardly ever more than one or two dollars above that of the poorer grade. When you buy cheap athletic goods you get cheap goods and nothing more, and it turns out to be the most expensive in the end, because of the replacement that is necessary. Again, in using only the best equipment the player has the satisfaction of knowing that he is wearing the best that can be provided and that everything possible is being done for his protection and comfort.

### The Head Helmet

Many coaches leave the matter of wearing head helmets to the discretion of the players themselves. Personally I believe this is a serious mistake, since football is played from the shoulders up, and a blow on the head, while it may not prove to be serious, may so stun the player that he is out of his senses for a time and so may impair the functioning power of the whole team. Wearing a head helmet is a good habit to cultivate. Many good helmets are on the market, which give the proper amount of protection with a minimum amount of weight and inconvenience. Under no consideration should a helmet be used which does not give ample protection to the head as a whole, and particularly to the base of the skull. A blow at this spot may prove serious.

### The Jersey

The jersey should be a well fitting all-wool garment, fitted with elbow pads and made with oversized shoulders to allow for the shoulder pads. If possible, jerseys made



with the supporter should be used, as they hold the jersey in place and prevent it from pulling out of the pants.

### **The Shoulder Pad**

Every member of the squad should be provided with suitable shoulder pads, as the shoulders are used in blocking, and unless the necessary protection is supplied the player may sustain a broken collar bone or a painful injury to the shoulder, caused by a separation of the bones. Almost all sporting-goods houses now carry a line of shoulder pads which are capped at the top with a piece of papier-mache, so cupped that it bridges that part of the shoulder that is most susceptible to injury.

### **The Pants**

The pants are next in importance to the shoes. They should be made of medium weight khaki material, and should fit snugly. The hip pads should be made of good wool felt and should be reinforced with vertical strips of papier-mache. The most important pad of all in the pants is the thigh pad, which is intended to prevent an injury commonly called a "Charley-horse." Two styles of thigh pads are in common use; the solid pad moulded to fit the thigh, and the stripped pad which is made by binding together several strips of vertical papier-mache. The solid pad is by far the better, as it distributes a blow over the entire thigh instead of localizing it at the point of contact. The knee pad may be made either of light felt or of felt with a leather covering.

### **The Stockings**

The stockings are worn to protect the feet and legs, and to prevent bruises to the skin. They should be made of medium weight wool and should be of the slip-on type. Sweat sox should be worn on the feet and the stockings slipped over. For sanitary reasons the sweat sox should be washed frequently.

### **The Shoes**

A player can hardly be expected to play a good game of football with ill-fitting shoes, and it will pay the coach to see that this article of equipment is the best that the finances of the school will permit and is purchased from a reliable firm.

### **The Supporters**

The players should all wear supporters, which ought to be washed frequently. Where the supporter jersey is not to be had, the supporter serves to hold the jersey in place.

### **Special Protectors**

Many injuries in the nature of bruises which are painful to the touch can be so protected that the player will not have to miss practice. Protectors of this nature can be made of papier-mache, sole leather, or aluminum. They should be so shaped that they will span the injured part and thus the weight of a blow will be distributed around it. These pads are prevented from pressing on the injured part by interposing rings of wool felt between the pad and the flesh. They are usually held in place by strips of adhesive tape.

## CONDITIONING AND DEVELOPMENT OF TEAM

A high school team, like a college team, can and should be so trained that the men will be capable of playing approximately 60 minutes at top speed. In order to bring this condition about the coach should first of all have a well-established code of training rules which he should thoroughly explain to the squad, then see that the code is carried out to the letter. Violations of training rules should be severely dealt with, and it is often wise to suspend a star performer from the team, rather than to have the army-like discipline of football impaired. A well conditioned team invariably means a good disciplined team, which in turn means good team morale; and a team with good morale is the hardest kind of a team to beat.

Knowing that his players are abiding by the training rules, the coach has then only to watch his men during practice and games for signs of fatigue. The coach should at all times keep in mind the fact that the men under his charge are only high school boys and for this reason he should exercise reasonable care not to overwork them. To do so will decrease their interest in the practice to the point where they learn little or nothing and thus will take away their enthusiasm and interest in a game. Again, where the practice is carried too far, it may result in temporary or permanent physical injury.

The code of training rules should call for at least nine hours of sleep during the playing season, and for abstinence from liquor and tobacco in all of their forms. As a general rule it is best to place no restrictions upon diet except that the food should be wholesome, well cooked and eaten at regular times. Water is healthful and players should be encouraged to drink it as often as possible.

To aid the coach in his development of the team the following schedule is suggested:

First Week

Monday to Wednesday

1. Passing and receiving of forward passes
2. Punting and catching of punts
3. Kickoff and goal kicking
4. Signal drill on punt formation plays. First instruct each player carefully as to his particular



assignment in the play—then have the team as a whole walk through the play several times, then jog through it, then run through it.

#### Thursday to Saturday

1. Conditioning exercises
  - (a) Pushups
  - (b) Goose waddle
  - (c) Running through stride boxes
2. Falling on ball
3. Passing and receiving of forward passes
4. Punting and receiving punts. Linemen going down the field under the punts like ends and tagging the receiver. They should not start until the ball is kicked.
  - (a) Place kick from field
  - (b) Place kick after touchdown
6. Tackling and blocking on dummy.
7. Correct starting positions for backs, and footwork on shift—if shift is to be used
8. Instruction to linemen on correct offensive and defensive stances
9. Drill in dodging, for backs
10. Signal drill on punt formation plays.

#### Second Week

1. Conditioning exercises
2. Passing and receiving of forward passes.
3. Punting and catching of punts—(at least two days a week) linemen going down under the punts and tackling the receiver
4. Kickoff and goal kicking
5. Tackling and blocking on dummy (at least three days a week combined with falling on the ball)
6. Drill on backfield formations (set or shift), the quarterback calling his signals and executing the regular plays. This exercise is especially effective in perfecting shift formation plays.

7. Offensive and defensive line charging with a general survey of defensive tactics, including defense against quick shifts
8. Drill in dodging, and work on bucking strap, for backs
9. Signal practice on short formation plays (tandem or shift) and punt formation plays
10. Wind sprints of about thirty yards, in rapid succession, for conditioning.

### Third and Remaining Weeks

1. Conditioning exercises
2. Passing and receiving of forward passes
3. Forward pass defense against short and open formations
4. Punting and catching of punts with tackling at least twice a week
5. Kickoff and goal kicking
6. Tackling and blocking on dummy, combined with falling on the ball, at least three times a week. About once a week have the linemen posted on 5-yard lines to tackle backs who try to zigzag through the line with the ball. The ball should be shifted to the outside arm before approaching each tackler. The linemen tackle from a stationary position—later permit the tacklers to move laterally between the 5-yard lines to tackle the runner
7. Drill on offensive and defensive line charging; instruction in dodging, and work on bucking strap, for backs
8. Practice in kicking off and running back kick-offs (about twice a week)
9. Signal drill on punt and short formation plays
10. Scrimmage
11. Wind sprints

The work schedule for the remaining weeks will vary but little from that of the third week. If the team in its scrimmage work or in a game shows a weakness in one or more of the fundamentals or in team play the work sched-

ule should be so arranged that more time can be devoted to special drill as needed.

On the Monday following a game it is well to begin the organized practice with a lecture to the whole squad pointing out the mistakes of the game and the remedies to correct them. The remainder of the afternoon should be devoted to forward passing, punting, goal kicking and a short, snappy signal drill. Tuesdays and Wednesdays usually are the days for heavy work which will include two ten minute periods of scrimmage, played under conditions as near as possible to those of a regular game. After Wednesday scrimmage should be omitted and the work in general lightened so that the players will be full of life, vigor and enthusiasm on the day of the game.

Where either because the material is limited or because of injuries to some of the members of the squad, there are not enough players to form two teams for scrimmage the practice can be carried on by lining up all of the defensive players on one side and sending all of the plays through that side. If only enough players are available for one team one side of the line can be shifted to defense and the scrimmage carried on as stated above.

In addition to a weekly schedule the coach should carefully outline each day's work before practice actually begins and make out a work schedule showing the exact amount of time that is to be devoted to each item of practice. For example:

4:00 to 4:15.—Offensive forward passing, using only the centers, ends and backs, and executing the regular pass plays  
Punting, drop or place kicking and kick-off practice while the squad is gathering

4:15 to 4:20.—Physical exercises for whole squad  
1. Pushups  
2. Goose waddle  
3. Running through stride boxes

4:20 to 4:40.—Running down punts with tackling for whole squad

4:40 to 4:50.—Backfield men—Dodging practice  
Linemen—Offensive line charging—exercises 1 and 2



4:50 to 5:00.—Backfield men—Tackling and blocking on dummy

Linemen—Defensive line charging, exercises 1, 2 and 3

5:00 to 5:30.—Signal practice

5:30 to 5:55.—Scrimmage with two ten minute halves under actual game conditions

5:55 to 6:00.—Short wind sprints

If possible the work of an afternoon should cover about two hours with one hour or slightly more devoted to instruction in fundamentals and the rest of the time to signal practice, shadow scrimmage or actual scrimmage. In order to conserve time in the teaching of fundamentals the entire squad should be divided into groups of two or more, each group working on different fundamentals.

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Note: Pushups—The whole squad is lined up facing the coach. They are then instructed to fall forward on their hands, with arms, back and legs straight. The body is then alternately raised and lowered, the chest touching the ground and returning to the normal position. This exercise is made on a 1-2 count. Goose waddle—The hands are placed on the hips, the legs bent to a squat position, and the squad is then ordered to walk forward.

## INJURIES

Football from its very nature is a man's game. The players are constantly coming in bodily contact with one another. This contact may come after the players have traveled but a short distance or it may come after two or more players have traveled a rather long distance and have gathered terrific speed. For these reasons injuries are not infrequent. As a general rule they consist of light sprains and strains which, while not serious, are painful enough to prevent the player from throwing his whole weight upon the affected part. This chapter is added to offer aid to the coach in treating the common injuries incident to the game of football. It must be kept in mind that serious injuries, or those which defy first-aid treatment, should immediately be placed under the care of a competent physician. The most common injuries in the order of their importance follow:

### Injuries to the Spinal Cord and Brain

When injuries to either of these structures are suspected a physician should be called and his instructions carefully followed. Football coaches should be particularly careful when the player is totally unconscious, or has a partial paralysis of any part of the body, shows an unequal dilation of the pupils of the eyes, or is troubled with persistent vomiting.

### Injuries to the Knee

One of the most frequent and most bothersome injuries we have to contend with is the result of a straining or tearing of the inner or outer ligaments of the knee joint. It usually results from a blow from directly ahead or from either side, but it may be the result of the leg doubling underneath in falling. The most serious cases of knee trouble recover, under proper treatment, usually in about three weeks. Hot and cold water applications alternated during the day and followed by hot applications of anti-phlogistine at night are a great aid in hastening recovery. Fixation bandages in the form of two inch adhesive tape, and a steel brace hinged at the joint to give artificial support, are absolutely necessary before the player rejoins the squad.

### **Injuries to the Thigh**

A very common injury to the thigh is caused by a blow on the Sartorius muscle, resulting in a very painful contraction of the muscle. This injury is better known as a "Charley-horse." The treatment for this injury is exactly the same as for an injured knee—namely, hot and cold water applications with hot antiphlogistine at night. In addition to this, light massage is very helpful. The player should not miss practice, but should be kept away from scrimmage or bruising work. With proper care and special protection the player should be ready for hard work in from two to five days.

### **Injuries to the Hip**

A direct blow on the upper, outer portion of the pelvic bone results in an injury which is the source of a great deal of trouble to football players. Such injuries are usually incurred during the act of blocking. The treatment is the same as that prescribed for the "Charley-horse." It is advisable to bridge the affected part by means of a special pad. The player need not lose any time from practice, although he should be kept out of scrimmage for a few days.

### **Injuries to the Ribs**

Injuries of this sort may be the result of splintered, broken ribs or torn attachments. To hasten recovery the side should be tightly taped, starting from a point over the spine and carried around over the injured part and fastened in front. The player should deflate his lungs by exhaling while the tape is being applied. For protection a well cushioned rib-pad made of sole leather, papier-mache or aluminum should be fitted to the player and held in place with straps over the shoulder or with adhesive tape.

### **Injuries to the Ankle**

The most common injury to the ankle is caused by the ankle turning out and straining or tearing the ligaments of the part. This injury is best treated by applying alternately hot and cold towels and giving complete rest by fixation bandages.

### **Injuries to the Shoulder**

A rather frequent injury to football players is caused by a blow to the shoulder. Such a blow often results in a



tearing of the ligaments and causes one spot on the top of the shoulder to become very sensitive to touch. Adhesive tape should be applied at once, starting from a point well down the chest, coming over the shoulder and fastening at a point well down the back. With special protection a player may resume practice within a few days.

### Bandaging

Adhesive tape has a wide and varied use in football. It is almost indispensable in providing artificial support for injured parts and for holding special pads in place. On the one hand it is used to prevent injuries and on the other to assist in the repair of already injured parts. The most widely used tape bandages and the methods of their application will be discussed.

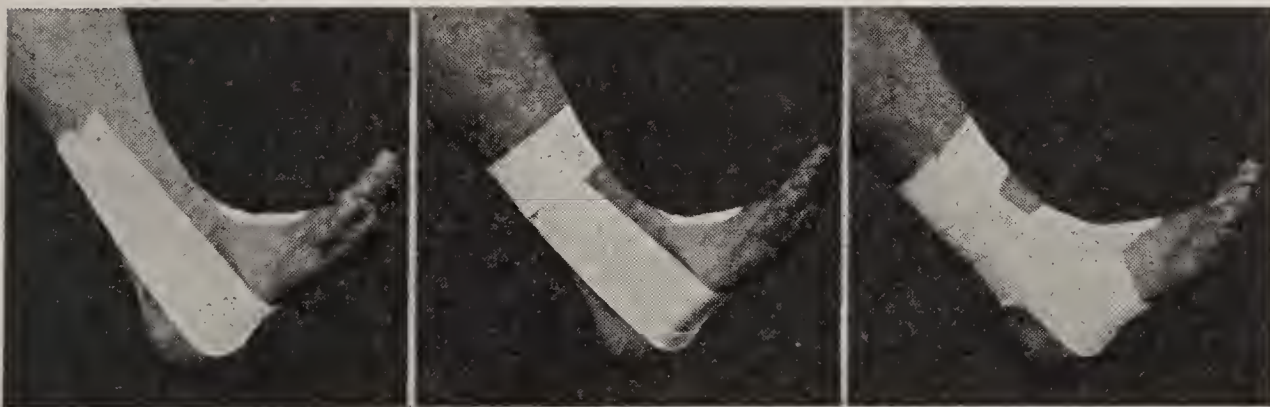
#### The Figure Eight Bandage

A strip of two-inch tape is fastened on the top point of the upper ridge of the foot and brought down on the inside, under the foot and up on the outside. At this point the foot is given a slight twist upward and outward as far as possible and held in this position. The tape is then brought over the front of the ankle, carried around just above the heel bone, over the outside of the ankle, and back to the starting point.

This bandage is generally used as a preventative to injuries on men who are star performers.

#### The Single Football Bandage

A strip of two-inch tape is started at the starting point, as stated above for the figure eight bandage, and is



A

B

C

FIG. 1

A—Shows tapes No. 1 and No. 2 in position.

B—Tape No. 3.

C—Tape No. 4—The figure 8 bandage in place completing the bandage.

brought down the inside, under the foot and up on the outside. At this point the foot is again given an upward and outward twist and held firmly in position while the end of the tape is fastened on the outside of the leg about four inches above the ankle bone. A second tape half overlapping the other is then applied in the same manner. A third tape is then started at the fastening point of one and two and carried all the way around the leg and over the starting point. Over tapes one and two the regular figure eight bandage is applied. During the process of taping care should be exercised to see that the foot is held upward and as far outward as possible.

This bandage is generally used to support weak ankles resulting from the foot turning outward. In the case of important men on the squad who are subject to sprained ankles, this bandage should always be applied as a preventative measure before they go into a game or practice.

### **The Double Football Bandage**

The single football bandage is first applied, but in the reverse manner and the foot is turned inward and upward while the tape is being fixed. Over this bandage the regular single football bandage as described above with the foot held in an upward and outward position is then applied.

This bandage is used in the case of twisted ankles and with sprained ankles that are caused by the foot turning in. This bandage will prevent any side movement of the ankle, but will permit the ordinary up-and-down action of the foot.

### **The Knee Bandage**

This tape is applied with the leg fully extended. The bandage consists of eight strips of tape. Tape number one starts at the back of the leg beneath the knee joint and passes from the inside, over the knee cap and completely around the leg. Tape number two starts on the outside of the knee joint, passes just below the knee cap and is fastened on the inside of the knee joint. Tape number three begins on tape number one at the same point as number two and is carried above the knee in a diagonal manner and attached to the inside of the leg about six inches above the knee joint. Tape number four is applied the same as tape number three except that its origin is upon the inside of the knee joint, it is carried above the knee cap and is



fastened to the outside of the leg. The remaining four tapes are duplicates of the first four and are applied in the same order to give added strength.

This bandage will materially strengthen all weak knees.

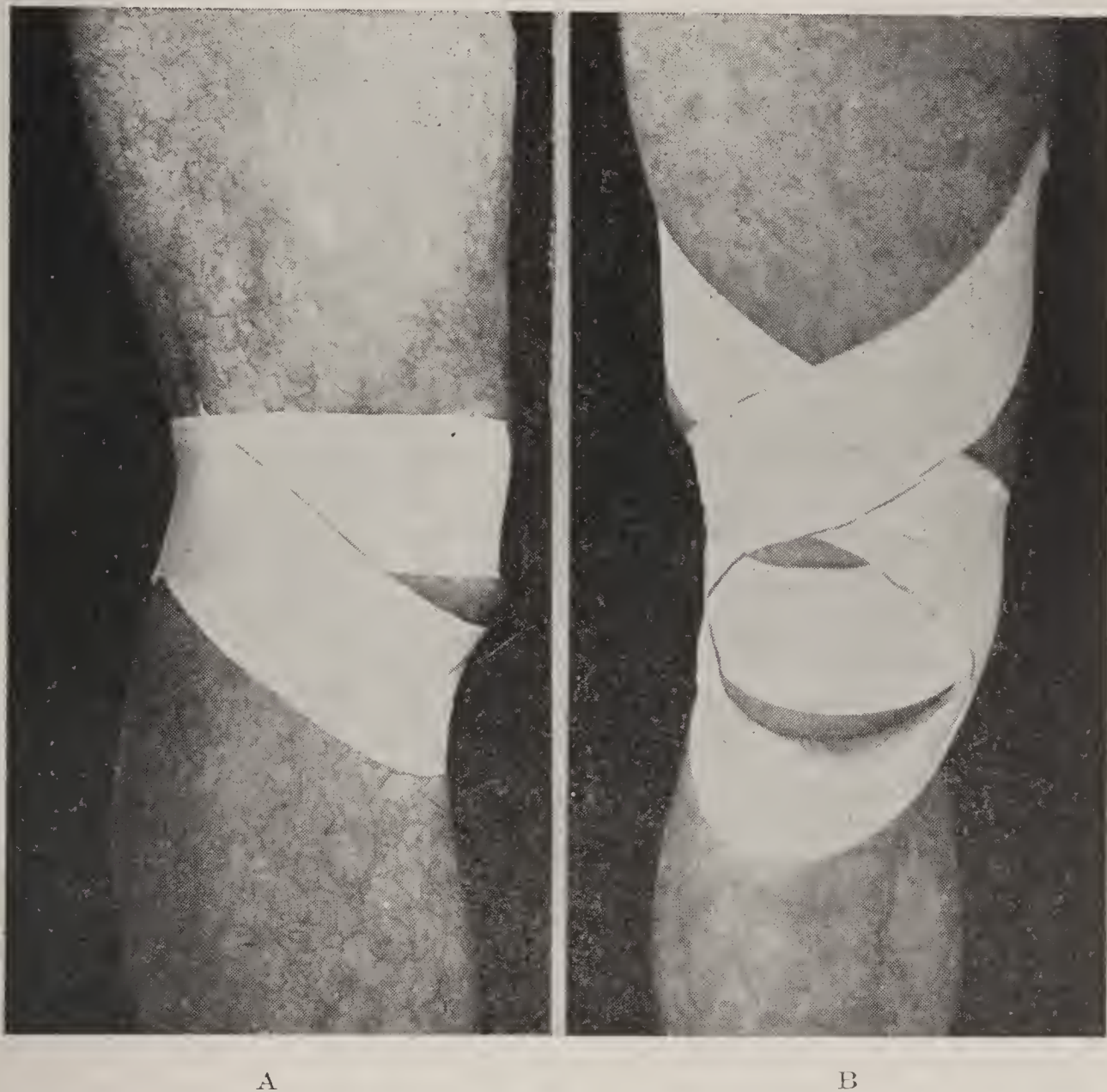


FIG 2

A—Showing the leg fully extended and tapes No. 1 and No. 2 in position.  
B—Tapes No. 3 and No. 4 applied, making the complete bandage.

### The Elbow Bandage

In the case of an injured elbow that is painful only when completely straightened out, a small piece of felt or rubber sponge should be placed over the inside of the joint and with the arm slightly flexed the regular figure eight bandage should be applied. To strengthen the bandage a second tape half overlapping the first should be added.



### **Minor Injuries**

Football players are constantly receiving cuts and abrasions to the skin which if neglected may develop infection. The coach should be mindful of all minor injuries and should give them immediate attention.

### **Cuts and Bruises**

These injuries should be painted immediately with tincture of iodine. If a cut is situated over a joint where the action of the part irritates the skin a soft dressing of unguentine should be applied after the iodine has thoroughly dried. The dressing of unguentine should be changed daily. Where infection has already set in the player should be sent to a physician for treatment.

### **Boils**

If a player becomes afflicted with boils he should immediately be isolated from the other members of the squad. He should be given a separate locker, comb, towel, and soap. The dressing from his boils should be burned because boils are infectious and are easily transmitted and will spread rapidly to the whole squad.

Boils are similar in appearance to pimples except that they are larger, more compact and when fully developed have a yellow spot in the center. When the boil first appears it should be painted with iodine and covered with a dry surgical dressing. If it continues to develop and comes to a head it should be opened by a small slit with a surgical knife across the center. It should be squeezed once to remove as much of the pus as possible. It should then be painted with iodine and covered with an unguentine dressing which should be changed daily.

### **Blisters**

Blisters should be opened from the outside with a needle that has first been passed through a flame, then washed in alcohol or iodine. After the blister has been drained it should be painted with iodine and covered with a dry dressing.

## MECHANICAL DEVICES

Wherever possible, mechanical devices should be substituted for players in teaching the fundamentals of the game. This is especially true where the squad material is limited and precaution is necessary to avoid injuries. Every high school should have a tackling dummy, a bucking strap and stride boxes. If possible a charging sled should be added to the list. All of these devices are inexpensive and easily made, and are of inestimable value as training equipment.

### The Tackling Dummy

A suitable dummy can be made by rolling an ordinary 5'x6' gymnasium mat on its 5-foot axis, and holding it in position with three leather straps. It is well to encase it in a canvas cover, having leather caps on the top and bottom, with four leather straps leading from the bottom cap up the sides through the top cap and terminating in

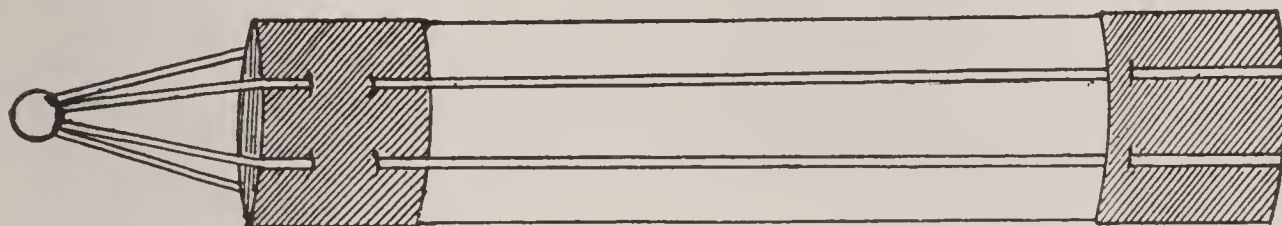


FIG. 3.—Tackling Dummy.

an iron ring. (See diagram.) A dummy of this kind will last for many years if given proper care. At the end of the season if necessary the mat may be taken out of its canvas covering and restored to the gymnasium. If a mat is not available an ordinary cotton mattress may be substituted.

The dummy should be supported from a heavy timber structure made of 8"x8" or 8"x6" timbers consisting of two vertical posts about 12 feet apart and about 10 feet high, with a horizontal timber of the same dimensions securely bolted on top. In the center of the horizontal timber a double pulley should be bolted on, and a single pulley at either end of the timber. Ropes should be run from the ring of the dummy and terminating near the ground with

counter weights to keep the dummy suspended from the ground. (See diagram.)

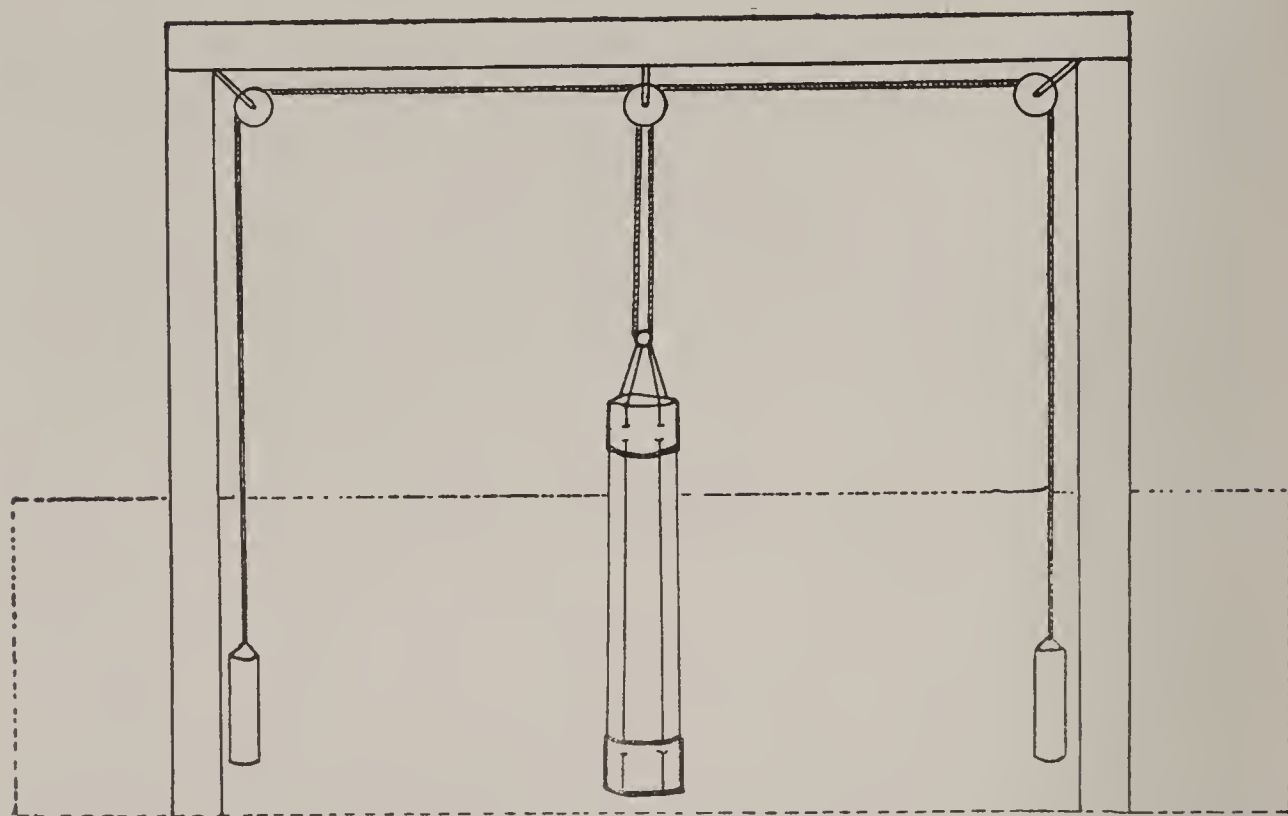


FIG. 4.—Tackling Dummy Gallows.

Behind the dummy should be a pit about a foot deep and filled with a mixture of black loam, fine sand, and sawdust. The front of the pit should be in line with the two uprights and should run about four feet beyond their sides. The back line of the pit should be about 12 feet to the rear of the dummy.

The dummy should have a line painted across the middle, below which the men should tackle, and should be so suspended that it nearly scrapes the ground. By all means a dummy of some sort should be provided, as it is a big aid in developing two of the most important fundamentals of the game; namely, tackling and blocking. Because of the fact that a great deal of practice is necessary to teach tackling and blocking, and because work of this sort is necessarily severe when practiced on players, the dummy is called upon to take the greatest share of the work.

### The Bucking Strap

The bucking strap is made of 3-16 inch harness leather in strips  $1\frac{1}{2}$  inches in width. The strap is made of two horizontal strips about 10 feet long and two vertical strips 13 inches long. The two vertical strips form a hole 10 inches square in the center of the horizontal straps. The pieces should be sewed and riveted in place.



The ends of the longer strips should be folded back to form loops, through which wooden bars are placed. The bars are held by players. (See picture.)

The strap is a valuable device in teaching backfield men the proper way to carry their bodies to apply their full power in hitting the line. It also is an aid in train-



FIG. 5

Using the bucking strap. The offensive center has been omitted from the pictures in order to show more clearly the proper method of handling the ball between the quarterback and the man who is to carry it.

ing the eyes for picking holes in the line. Two players hold the strap about  $2\frac{1}{2}$  feet from the ground. The center takes his place beside one of the men holding the strap, and the quarterback takes his place directly behind the center, in a position to receive the ball from him on an indirect pass. The backfield men line up in single file, directly behind the quarterback and  $4\frac{1}{2}$  yards behind the ball. With the snap of the ball the file leader starts forward at top speed with his eyes centered on the hole in the strap, his body bent forward from the waist, his hands in front of his abdomen, one above and one below the waist, forming a pocket for the ball. The quarterback places the ball in the pocket so formed, and the player crosses his arms around it, forearms in front and body behind, holding it tightly to the pit of the stomach. When about a yard from the strap he straightens out his body with a tremendous leg drive and dives into the hole of the strap, all the time keeping one foot on the ground and his legs driving like piston rods. Two things are of importance in this exercise—keeping the eyes on the hole, and keeping the legs pumping as long as possible.

### The Stride Boxes

The boxes are made of 7-8 inch pine, 3 feet long and 2 feet wide—no top nor bottom. Angle irons should be placed in each corner on the inside for reinforcement.

These boxes are inexpensive and are invaluable in teaching players to run with their knees high. They also develop speed and agility which are so essential in open field running.

The following is a good exercise to open up the afternoon's organized practice: Line up the entire squad in single file in front of the boxes, usually seven in number, which are placed about 14 inches apart. Have all of the members of the squad run through the boxes, raising the knees high and pumping the arms to give them speed.



FIG. 6

The Stride Boxes. Showing the construction, the placing and the two uses for the stride boxes.

For backs and ends it is well to line up the boxes two strides apart and in two lines, so that the players step into the first box with one foot—say the left—then out of the box with the right, hit the ground again with the left, and step into the next box in the other line with the right. This criss-cross motion is beneficial for developing open field running.

### The Charging Sled

If the school can afford to do so, it is advisable to build a charging sled to aid in teaching the linemen the proper way to carry their charge and to develop the muscles of the arms, back and legs. The sled should consist of three runners made of 6"x6" timbers about 7 feet long, with a horizontal board 2"x10"x16 feet in length placed about 2½ feet from the ground and padded with wool felt or excelsior. The sled should be built sufficiently heavy or sufficiently weighted down by players that seven players driving with all of their power can just move it along. Line up seven players in their defensive positions with one hand on the ground. Have a man with the ball stand



on the center of the sled to snap the ball. The instant the ball is moved the defensive line start forward carrying their charge up from below—the back arched, the arms straightened out, the elbows locked upon contact with the padded board. After the charge the players

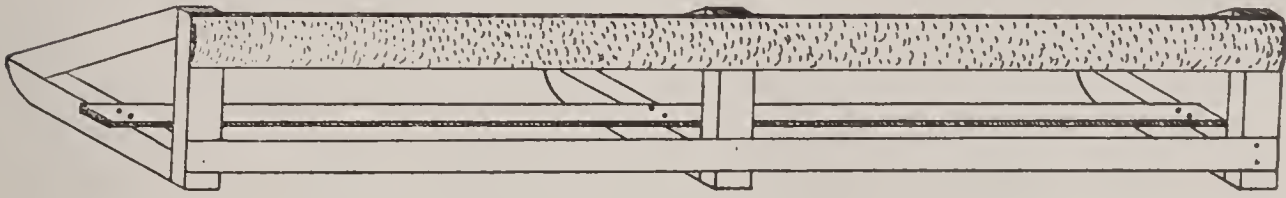


FIG. 7.—Charging Sled.

should push the sled along four or five yards with short, fast digging steps.

Work on the charging sled should be limited to about two days a week.



## FALLING ON THE BALL

Under the present rules, which permit direct and forward passing, the ball necessarily is handled quite often and as a result fumbles are not infrequent during the course of a game. It is therefore important that the players be taught the art of falling on a loose ball, or, where the circumstances permit, of picking it up and running with it. This exercise also is beneficial in conditioning players. Pick a soft grassy spot and divide the players into two or more single files with a ball for each group, placing the file leaders about six feet from a stationary ball. From this position the leaders take a low crouch by bending the knees and leaning forward at



FIG. 8

The final position of the player in falling on the ball, showing him protecting it and at the same time placing himself in such a position as to be least liable to injuries.

the waist, then with a powerful leg drive they dive forward close to the ground for the ball. When the arms are over the ball the body is turned to either side and the ball is scooped into a pocket formed by the arms, the stomach and the thighs. The players should keep their eyes on the ball and should avoid reaching for it. They should be taught to fall from either side as they may have to block off an opponent while going after the ball.

After the players have acquired good form in falling on a stationary ball, it is well to roll the ball on the ground and have them fall on it. Later have them roll over and up on the feet with the ball. Also have them pick up a loose ball and continue the run. Care should be taken however, at this point, to see that the players bend from the waist and knees enough to get down to the ball in order to avoid kicking it. Falling on the ball may be combined with tackling, to conserve time.

## TACKLING

Tackling is one of the most important of the fundamentals and a coach will do well to devote much time to this practical item of defense. A hard-tackling team is always hard to beat, and where the material will permit, no man should be given a place on the team who is not an aggressive and expert tackler.

In teaching tackling it is a good plan to line the players up in single file in front of the dummy, the file leader standing from five to six feet from the dummy. From this position each player takes a low crouch by bending the knees and leaning forward at the waist, then with a powerful leg drive straightens out the body and drives into the dummy. The arms should be stretched out in front, the muscles forming a protective pad for the shoulders. The dummy should be met with the front, not the top, of the shoulder, with the head up and the arms encircling it. The wrist of one hand should be grasped by the fingers of the other hand. The tackler should stay on his feet and keep digging.

After the players have acquired good form in tackling from a stationary position, they may take a short run of from 10 to 20 yards, special attention being placed upon good form.

On meeting a runner from the front the tackler should drive his shoulder just above the runner's knees, head to



FIG. 9

Illustrating the proper method of making a head-on tackle.

one side, hitting his opponent with enough force that the weight of the blow itself would completely stop him. The



arms are then circled around the knees, the legs clamped together, and the runner lifted off his feet and thrown over backward.

On meeting a runner from the side the tackler throws his body directly across the runner's path, circling the arms around his legs and pinning him in to the breast. It is best for all tacklers to keep their feet in tackling—the flying tackle being used only when the runner is out of reach. They should then drag one foot on the ground to come within the rules.

Practice on the dummy should consist of tackling from the front and from the sides. A good plan to teach straight-ahead tackling and to instruct players in the danger of over-running the man with the ball is to have the tackler start from a point 30 or more yards back, come in at top speed, slow up a little upon approaching the dummy, then when within two or three yards, drive in at top speed.



FIG. 10

Showing the defensive player making a tackle from the side, with the body thrown across in front of the runner and the arms encircling the legs.



## BLOCKING

Blocking includes all forms of making interference in clearing the way for the man with the ball. For high schools three styles of blocking will be discussed which will take care of every situation to be found on the field.

### The Rolling Body Block

This is the method invariably used in the open field for blocking men going down on punts, and in blocking off



FIG. 11

A—The Rolling Body Block. Showing the offensive player leaving his feet and throwing his body laterally across the waist of his opponent.

B—The blocker is now executing the second phase of this block—the inside hand and foot are placed on the ground, and he is starting to roll toward his opponent.

men of the secondary defense. The blocker goes straight for his opponent, and when within about a yard of him leaves his feet with the same leg-drive as described in tackling, and throws his body laterally across the waist of his opponent. This will give him a blocking surface equal to the length of his whole body. The inside hand is then placed on the ground and the blocker turns over, rolling laterally toward his opponent. As in tackling, the weight of the blow should be powerful enough to break through the arms of his opponent and to knock him down. This block may be executed from the front, side or back.

### The Body Block

This style of blocking is used effectively in the line to prevent opponents from breaking through on plays in

which certain linemen have left their positions to form interference ahead of the runner. It is also used to good advantage by the ends in blocking on place and drop kicks and in blocking the opposing tackles in on runs that go



FIG. 12

A—Offensive lineman showing the body block from the front.

B—Shows the second phase of this block, used to prevent the defensive player from slipping around behind the blocker.

outside of their positions. The blocker throws that part of his body from head to hips directly across the thighs of his opponent. The inside hand—the one closest to his opponent—is then placed on the ground. If the defensive player should try to slip by behind him, the blocker can quickly turn over a little farther, make a pivot on the hand and the inside foot, and swing the outside leg around to obstruct his passage. This style of blocking may be executed from the front or either side.

### The Shoulder Block

This style of blocking is used by offensive linemen in opening holes in the line and by backfield men when taking an end out of the play. In backfield blocking two players, usually the fullback and a halfback, start at top speed toward the defensive end. When within about a yard of him they take a low crouch, leave their feet and dive into him, hitting with the inside shoulders at his thighs. The arms should be held in close with the elbows out, to give greater blocking surface.

The shoulder block as used in the line is fully discussed under the chapter on Exercises for Teaching Fundamentals of Backfield and Line Play.



## PUNTING

A football team that is superior in its punting—all other things being equal—has a decided advantage over its opponents. The punt is a strong offensive play and quarterbacks will do well to make good use of it whenever conditions permit.

In teaching players the art of punting it is well to emphasize form, not distance. The distance will come later. Fifteen minutes of practice is enough, during which time the players should concentrate upon form.

In order to pick out the members of the squad who have punting ability, it is well to line up the entire squad and give them all a chance to demonstrate their aptitude.



FIG. 13

- A—Showing the stance and the proper method of holding the ball for a high punt.  
B—The foot meeting the ball.  
C—The foot following through after the ball.

After carefully studying them, sift the number down to three or four and concentrate upon them. It is best of course to have a backfield man doing the punting; and if he can also run and pass you have an ideal combination with which to work punt formation plays.

The kicker takes his position with his left foot slightly ahead and with most of the weight on this foot. The position of the body is like that of a distance runner, with the body inclining forward from the waist. The hands are outstretched about waist high as a target for the passer.



When the ball is passed it should be caught and handled with the arms outstretched. This saves time and is a great preventive measure from kicking the ball with the body and leg in a cramped position—one of the great faults in punting.

After the ball is in the hands of the kicker it should be adjusted by turning the wrists until it is in the proper position. It should be held with the arms outstretched and directly in front of the kicking foot. The left arm should be perfectly straight and the right slightly bent. The left hand should be on the left front and the right hand near the right rear of the ball, with the fingers well spread and the laces turned slightly out. Care should be taken to see that the fingers of the left hand are not placed over the front of the ball. The front point of the ball should be turned in and held slightly lower than the rear point. The ball should be dropped by opening both hands at the same time; this will minimize the danger of the ball turning or wobbling before meeting the foot.

As the ball is received from the center a short step is taken with the right foot, a longer one with the left, and the right foot is then brought up to meet the ball. In meeting the ball the toe should be fully extended so that the foot will meet the ball only on one spot—on the top of the instep—about  $2\frac{1}{2}$  feet from the ground. The ball meets the foot slightly on the outside of the instep so that it slides down the foot, thus acquiring the spiral twist. By snapping the knee just before striking the ball and by following the kick through as far as possible with the leg, distance can be added to the kick. The ball should ordinarily be kicked at an angle of about 45 degrees as this is the angle which gives the greatest height and distance. It also permits the ends and linemen to get down the field under the punt.

With the wind it is best to punt high to give the wind a chance to carry the ball. Against the wind the ball should be punted lower—a hard-driven spiral that will bore its way through the wind.

The punter should always face in the direction he wants to place the ball. If he desires to kick out of bounds on the ten-yard line he should receive the ball from the center, turn so that he faces the junction of the 10 yard line and the side line, and kick straight ahead.

## PLACE KICKING

The place kick has two uses as an offensive play. It may be used for kicking goals from the field and for scoring the extra point following a touchdown. As between the place kick and the drop kick the former is to be preferred as it is more accurate, more easily developed, and quicker than the drop kick. Place kickers should practice from 20 to 30 minutes a day from inside the 30 yard line and from all angles in order to acquire speed and accuracy in getting off their kicks. It is always best to simulate the actual conditions found in a game by having the center pass the ball to the holder, who in turn places it in position for the kicker. For place kicking the spiral pass should be used as it is quicker and more easily handled than the end-over-end pass.

The player who is to hold the ball for a right-footed kicker takes his position 7 or 8 yards from the line of scrimmage with his right foot and left knee on the ground. His hands are outstretched about waist high to receive the ball.



FIG. 14

A—Showing the holder of the ball and the kicker in position for a place kick.

B—The ball is set in position and the kicker is advancing to meet it.

C—The follow-through after the ball.

The kicker should mark a line on the ground at right angles to the goal bar and passing through the center of it. Allowance should be made for a cross wind. The kicker stands about two yards behind the ball with his right foot on the line on the ground. He should start with the snap of the ball and so time his steps that he is ready to kick as soon as the ball is placed in position. He takes a short step forward with the right foot—on the line drawn—a longer step with the left, bringing it to the left of the ball and

from six to eight inches behind it. The right foot is then swung straight from the hip, the toe meeting the ball near the ground and scooping it up to give it elevation. The kicker, from the time he starts until the ball is actually kicked, concentrates his eyes on the line on the ground—the toe passing along this line—picking up the ball and following it through. Some place kickers build a small artificial tee about one and one-half inches high upon which the ball is set before being kicked. Raising the ball in this manner helps to give it altitude. The force of the blow will depend upon the distance required for the kick. This play should be practiced occasionally under actual game conditions, from around the 25 yard line with the regular defensive line coming in to block the kick.



## DROP KICKING

The drop kicker takes his position directly in line with the center of the goal bar, with the same stance that is used for punting, and he uses the same two steps as in punting and place kicking. The ball should be held with both hands as close to the ground as possible. This will greatly lessen the chance of deflection while the ball is



FIG. 15

A—Shows the stance and the correct method of holding the ball for a short, accurate kick.

B—The foot meeting the ball just below the center.

C—The finish of the kick, showing the follow-through.

being dropped. The ball should be dropped evenly, directly in front of the kicking foot, with the long axis perpendicular to the ground. The right leg, swinging mostly from the hip, meets the ball near the ground and follows it through. All of the sighting is done before the ball is actually passed. As in place kicking from 20 to 30 minutes a day should be devoted to this form of kicking from near the 25 yard line and from all angles.

## THE KICKOFF

The ball should be placed on a mound of dirt about five inches high with the forward point elevated at an angle of about 30 degrees. The kicker stands back about 10 yards behind the ball and advances to meet it with an even step, his eyes focused on the ball. The left foot should be placed to the left and about 18 inches behind the ball, the right toe swinging through the arc and meeting the ball directly on the point and following it through.

If possible it is advisable to kick the ball over the goal line for a touchdown if recovered by the kicking side or a touchback if recovered by the receiving side. If the kicking team does not possess a man who can kick it over the goal line the forward point of the ball should be raised a little more, the object being to get less distance, but greater height. This will enable the kicking team to get down the field under the kick. It is also advisable in this case to place the quarterback, or safety, on one knee in front of the ball to conceal the direction of the kick. Always avoid kicking to a dangerous runner. If there is a strong diagonal wind blowing, kick to the leeward side of the field. If the ball is kicked out of bounds on the first attempt, it should be kicked straight down the field the next time.

The kickoff should be practiced frequently with half of the time being devoted to kicking into the wind. Against the wind the ball should be pointed lower.

## FORWARD PASSING

The forward pass is one of the most important and one of the most spectacular plays in football. There is no doubt but that this play has materially aided in enlisting the support of our public to football. Certainly it has made the game more scientific from the coaches' and players' standpoint. In every modern system of offense the pass is considered an integral part. It has its main use in keeping the backfield defense from moving too close to the line of scrimmage, thereby stopping the plays through the line and around the ends. Usually the most successful forward passes are those that are made from the regular running formations and are so masked that they catch the defense by surprise.

Good forward passers usually have a large hand and a snappy arm. Always pick the snap thrower and use him either at the left halfback or the quarterback positions—if he is a right handed passer. But if he is a left handed passer he should be used at the right halfback or quarterback positions. There are two kinds of passes; the standing and the running pass.

### The Standing Pass

The ball is gripped with either the four fingers or the thumb on the lacing, the hand slightly to the back of the ball. It is always best to grip the ball unless the passer has a small hand or the ball is wet and slippery. The ball is brought up behind the head and as far back of the shoulder as possible, the front end pointing upward. The arm is then brought forward across the body, the palm of the hand facing upward and the fingers snapped out from under the ball giving it the spiral twist. The ball should travel nearly parallel to the ground, the rate of speed depending upon the distance of the pass. The passer should aim to get the ball to the receiver about head high or even higher as this will minimize the chances of interception. At the start of the throw the weight is carried on the right foot, the left foot being forward, and as the arm is brought forward the weight is shifted to the left foot.





FIG. 16

- A—Stance of the passer and method of holding the ball for a standing pass.  
 B—Position of the ball just before leaving the hand of the passer.  
 C—Finish of the pass, with the weight shifted to the left foot.

### The Running Pass

This pass is especially effective for the reason that it looks like a regular running play when it starts. In order to make this play effective, the passer should also be a



FIG. 17

Showing the passer in the act of throwing the ball on a running pass.

dangerous runner and he should so mask his run that his opponents will think it is a running play. Running passes as a general rule hardly ever go over 20 yards, and for this reason the passing arm need not be drawn back so far as for the standing pass. The pass is made on the run; the runner continuing his run after throwing the ball and acting as a safety in case it is intercepted. The ball is received from the center on a direct pass and adjusted with both hands in front of the body during the run. The passer keeps his eyes on the players forming his interference. After taking three or four steps laterally, or nearly so, he glances down the field for the open receivers. This delay will give them a chance to get into the open. When the passer has found an open man, the arm is drawn back and the pass is made.

## RECEIVING OF PUNTS AND PASSES

### Punts

The safety—usually the quarterback—takes his defensive position at the extreme range of the kicker when the opponents have the ball in their own territory. The direction of the wind and its velocity should be taken into consideration. It is always easier to advance to meet a fly ball than to run back and catch it over the shoulder, and the chances of a disastrous fumble are thus always



FIG. 18

- A—Shows the catcher of a punt in position with his arms stretched upward and his eyes on the ball.  
B—The ball is caught with the hands and pinned in to the breast, the body giving with the catch.



minimized. On punted balls which are too far forward to be caught, the safety should drop back about 15 yards in front of the ball and take it on the bounce.

As soon as the ball is punted and the safety has had a chance to judge its height, direction and distance, he should advance at top speed to within three or four yards of the spot where he expects it to fall. He should then take a quick glance down the field noting the position of the opponents, and by short steps complete the remaining distance to the ball. If he is surrounded by tacklers he should signal for a fair catch.

He should place himself under the ball, with both arms stretched upward, the muscles relaxed, the feet well spread. The hands lead the ball down to the chest where it is pinned in. It is well to have the body and the knees give with the catch. No attempt should be made to catch the ball with the hands alone unless it is traveling close to the ground or over the head. When in position the eyes should be on the ball and not on the opponents coming down the field under the punt. If he has not signalled for a fair catch, he should take two or three steps straight ahead in order to look over the field. If the safety has a halfback playing back with him, the one who is nearest the ball should call out, "I got it," and the other should immediately move forward to block the most dangerous opponent.

### Forward Passes

Receivers of forward passes should develop the spirit of determination. No matter where the ball goes they should make a whole-hearted attempt to catch it. Passes in all cases should be made so they will be caught by the receiver running away from the defense. The ball should lead the runner and should be passed high enough that he will have to jump forward into the air for it. The muscles of the hands and arms should be relaxed and should give a little as the ball is received. Once the ball is in the hands it should be tightly gripped and immediately shifted to the outside arm away from the defense. Under no circumstances should the receiver pay any attention to the defense—his particular duty is to catch the ball.

In carrying the ball in the open field the arm-pit method is always used. The front end of the ball is held in the palm of the hand with the fingers well spread out, while the other end is securely locked in the arm pit.

## OPEN FIELD RUNNING

A certain amount of time may well be spent with the backs and ends in teaching them the fundamentals of open field running. Once a runner reaches the line of scrimmage he cannot count on receiving much help from his interference. From this point the distance that he will advance the ball depends almost entirely upon his ability to evade his opponents.

After receiving the ball on a direct pass the runner should shift it to his outside arm and hold the inside arm in readiness to stiff-arm an opponent. He should run with his body almost erect, his knees and head up, and at a fair rate of speed. Behind the line the runner will usually have to rely upon the stiff-arm entirely to avoid a tackler who has broken through. This is done by straightening out the arm and locking the elbow upon contact with the head or shoulder of the tackler. If the tackler should happen to grab a leg, he can still be evaded by quickly jerking up the knee of that leg. As soon as the runner reaches the line of scrimmage he should look for his chance to reverse the field by cutting back inside of the backfield defense. If he happens to be near a side line he should go as far as he can and when about to be tackled, should step out of bounds. The runner should try to make a tackler meet him from the side if possible as he is then much easier to dodge. This can usually be accomplished by faking in the direction opposite to that in which he intends to pass the tackler.

The sidestep, reverse turn, and change of pace are the usual means taken to dodge a tackler in the open field. In the sidestep the runner traveling at fair speed comes up



FIG. 19

Shows the man carrying the ball and throwing his legs to one side in executing the side-step.



to the tackler, throws both feet as far out to the side as possible, and meets the tackler on the head or shoulder with the stiff-arm. The legs are thrown first, the stiff-arm (locked at the elbow) following.

In the reverse turn, as the runner approaches the tackler he throws both legs out to one side, and uses the stiff-arm the same as in the sidestep. On passing the tackler's left side, the runner throws his legs as far as possible to the right and stiff-arms the tackler. A right turn is then made, the legs are kept apart, the head is held down, and the runner pivots on the right foot to reverse away from the tackler.

The change of pace is used in connection with either the sidestep or the reverse turn. It is nothing more than a quick change from top speed to fair speed, then back to top speed. The tackler, in order not to over-run his opponent, must change his rate of speed to conform to that of the runner. The change from fair speed to top speed is made after the runner has seen the tackler make the change.

To teach open field running, line up several players in single file on every other five-yard line with their hands on the ground. Have a runner with the ball zigzag through the line, changing the ball to the outside arm as he passes each man. He should use the inside arm on the head or shoulder of the stationary player as an aid to the sidestep or the reverse turn. Later have the stationary men dive from their positions in an attempt to tackle the runner. This can be carried to a point of further development by permitting the tacklers to move laterally within their five yard zones in tackling the runner.



## THE QUARTERBACK POSITION

The quarterback is unquestionably the most important man on the team. He is the field general—the man who directs the attack. The man for this position is chosen for his ability to think quickly, his qualities of leadership, his coolness under fire, his good judgment and his ability to keep up the morale of his team-mates by his aggressiveness, pep and enthusiasm. He should also be accurate in handling the ball, and a good interferer. It is also a decided advantage if he can run, pass, and kick.

In calling signals he should call out the numbers distinctly, biting off the words sharply. A good quarterback can emphasize the importance he places upon a play by the tone of his voice. He should fairly radiate confidence by his actions and words, and under no circumstances should he display discouragement, for the team as a whole rises or falls with him. In selecting a man for this all-important position, his value at any other position, his weight, size or speed, is of minor consideration.

### Offense

The quarterback on offense takes his position in a regular formation (balanced line and backfield) directly behind the center, with both feet parallel to the line of scrimmage and about eighteen inches apart to give him lateral support. The weight of the body is on the toes, the knees are bent, and the body is inclined forward from the waist with the arms extended under the center. The right hand is below, the fingers spread and extended. The head is down under the center and the eyes are on the ball. The ball is handed by the center to the quarterback, who in turn hands the ball to the backs from a crouched position. This has the double effect of concealing the direction of the play and of making the backs run low. On a play that goes inside of the defensive left tackle, the quarterback, after receiving the ball, pivots on his right foot, and takes a step to the right with the left foot. The ball is held in the left hand and placed in the pit of the stomach of the player who is to receive it. On plays that go between the defensive left guard and the center, the quarterback pivots on the left foot, swinging the right foot back. For a delayed buck, which is faked to the right, the quarterback pivots on the right

foot and takes a step to the right with the left foot. From this position he fakes the ball to the left halfback, then pivots on both feet to the right, facing in the opposite direction. On line plays where the quarterback handles the ball and cannot possibly get into the interference, he should carefully watch the progress of the ball to see who is tackling the runner. He should also be on the lookout for fumbles.

On direct pass plays the duties of the quarterback are similar to those of the halfbacks. On plays outside of the defensive tackle he generally helps the end block the tackle. In general the quarterback should enter into every play with the spirit of determination. As an interferer he must block his opponent; as a runner with the ball he must continue going forward until he is pinned to the ground. Above all he should be alert, and should drive his team hard and fast.

### **Generalship or Field Tactics**

Good generalship is the selection of the right play at the right time. After a careful study of all the candidates for the quarterback position the coach should select the man who most nearly fills the qualifications. It is now the duty of the coach to supply him with the knowledge of how to use his plays, where to use them, and the conditions under which they may be used to the best advantage. With this in mind a strategy map, and certain rules of football that have been proved sound by years of experience are brought into use as an aid in the selection of the right play.

Before the start of the game the question of whether to defend a certain goal or to kick off is an important matter. Many things must be taken into consideration: the wind, the sun, the relative strength of the teams, and the psychological value to a team of going down the field under a kick. With the advantage of a strong wind it is advisable for the captain to defend the goal with the wind at his back. With no wind and the teams fairly evenly matched, or the opponents stronger defensively than offensively, it is best to kick off.

### **Strategy Map**

The marginal areas of this map show the side belts which should always be avoided. They are those imaginary stretches of territory lying 10 yards inside the side lines. If the ball is declared dead within five yards of the



sidelines, or in the bad lands, it should be carried out of bounds on the next play. If it is five or more yards in, but inside the side belt, it should be carried on the next play toward the center of the field.

### **The Danger Zone**

The danger zone extends from the offensive team's goal line to their 20 yard line. Because of the proximity of the goal line it is always best to punt on either the first or second down in this territory, on the first down if in position. The word position here means having possession of the ball near the middle of the field, longitudinally speaking. In the case of a strong wind blowing against the offensive team in this zone or when playing for time, the quarterback may delay his punt until fourth down.

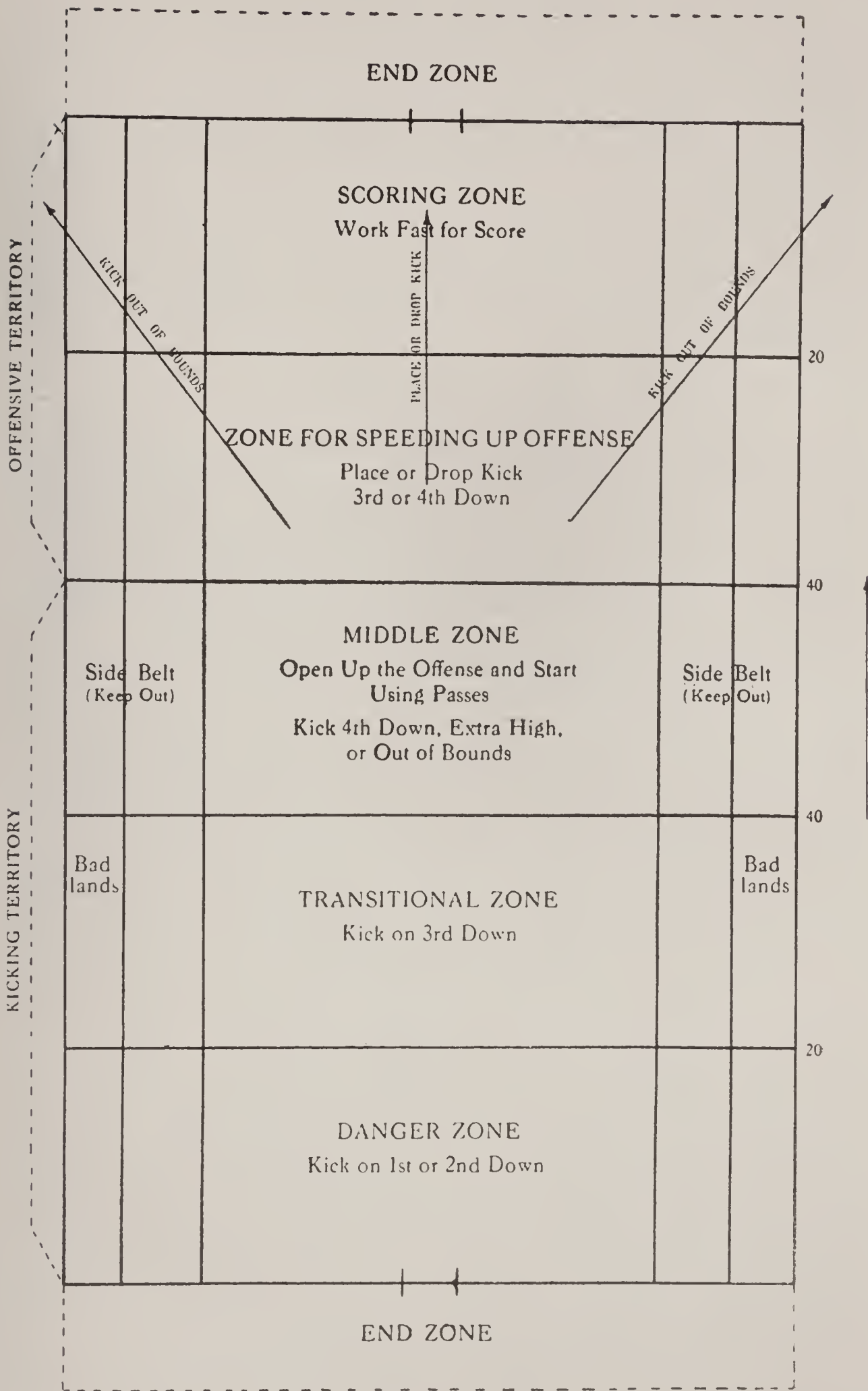
### **The Transitional Zone**

In this zone the offensive team should generally kick on the third down, hardly ever on the first or second down unless a strong wind is blowing at their backs. They should always punt on fourth down in this zone, even if there is less than a foot to go. In the transitional zone one or two plays should be tried from the punt formation for the purpose of trying out the opponents and locating their weak spots and to get a runner loose for a long gain. They may also be used to draw a loose center back into the line or to tighten up the defensive line where they are spread out expecting a wide run or a punt. In this territory the quarterback should call his plays carefully and deliberately, saving his strength for the offensive zone. He should not use passes or plays that are apt to be fumbled.

### **The Middle Zone**

In this territory the repertory of plays broadens and the quarterback may start taking more chances. If the punt formation plays are working, the quarterback should continue their use up to about the opponents' 40-yard line; he should then change to a short formation and begin his drive toward the opponents' goal. He may now use forward passes and he should not hesitate to do so when the opportunities are presented. Sweeping off-tackle plays should be tried for the purpose of getting a runner loose for a long gain. In this zone the kick should be delayed until fourth down and the ball should either be kicked high and straight down the field, or it should be placed out of bounds near the 10 yard line.





### Offensive Territory

Once inside the opponents' 40 yard line the quarterback should work into a short formation and speed up the play. He should know the weak spots by this time and he should hit them hard and fast using only those plays that are working. Where the running attack is working well he should stay with it and hold back his passes. When these plays are stopped it is well to try a pass or a trick play, always reserving the third down for a place or a drop kick, or a run to position for either of these kicks. Against a stronger team it is best to make a try for a field goal on the third down.

### The Scoring Zone

Inside the scoring zone the quarterback should drive his team hard and fast to score as quickly as possible, because the closer he gets to his opponents' goal line the more concentrated the defense and the more limited the territory into which he can pass. Passes as a general rule should not be used in this territory except on a fourth down or if one of the opponents' backfield men is out of position, or the backfield defense is rushing in to stop the running attack, thus leaving their territory unguarded. Players should be careful to remain onside and to avoid missing signals. In this zone the offensive team may lose the ball on downs, where a touchdown is needed to win, or where with the score even they have no one who can place or drop kick.

The first consideration of the quarterback when going to offense is his position on the field. If he is near the sidelines his first play should be toward the center of the field, so he can work his plays on both sides of the line. When in position he should make a careful survey of his opponents, noting with care the positions of every member of the defense. If any of these players are out of position a play should be called through the weak spot. In the case where all of the defensive players are playing in their normal defensive positions the quarterback will have to try out his opponents by driving plays at them to find out their weak spots. After the ball is put in play the quarterback, after carrying out his particular assignment on the play, should watch to see who is making the tackles as this may be the cue to his next play.

If the quarterback has a kicker superior to the one of his opponents' team, and if the teams are evenly matched, he should use his kicker freely, punting on the first down until his team reaches the center of the field. If he has the



inferior kicker the quarterback should make up the difference in punting by rushing the ball before punting. Where the kicking is even the punt should be used for defensive purposes.

With a cross wind blowing the quarterback should run his first play for position, toward the windward side of the field, but when he kicks it should be toward the leeward so the opponents will have to waste a play to get back to the windward side. When playing against the wind the quarterback should delay the kick until fourth down and slow up his plays, saving his offensive strength until the teams change goals. When playing with a wet, slippery ball the ball should be kept out of the defensive territory by a first down punt, the kicking team being on the alert for fumbles.

When opposed to a team that is superior in every phase of the game it is always best to rush the ball for three downs and to punt on the fourth down, and to slow up the play. With the score in your favor at the beginning of the second half it is best to play for time by calling the signals slowly, and by lining up deliberately; however the play should be driven hard and fast when the ball is snapped. With the score 14 points or more in your opponents' favor at the beginning of the second half, open up with all the offense you have—throw all rules of football to the winds—try anything for a score, from any and all positions on the field.

The quarterback on offense should carefully study his opponents, their ability to handle punts, their strong and weak men, and should seek for all other information that will aid him in calling his plays. His team-mates should help him whenever possible, especially when time is out, by giving him such information as they may have.

### Defense

When the opponents have the ball inside their own territory the quarterback should take his position at the extreme range of the kicker. When they advance the ball to the center of the field the quarterback may move up to within 20 yards or so of the line. He should always know the down and the distance to go. When the ball is put in play he comes up on a trot either to make the tackle if the runner gets loose or to help cover passes. If a runner gets loose he should immediately place himself on the flank of the runner and force him to the sidelines.

While on defense the quarterback should carefully study his own team as well as that of his opponents for individ-



ual signs of weakness and should plan his attack so he will have a definite idea of what plays he will use when he gets possession of the ball.

### General Notes

1. Keep the ball away from the side belts.
2. When in doubt punt.
3. Punt toward the nearest side line.
4. Do not rush the ball on fourth down unless reasonably sure of making the distance, and then only when within the opponents' 20-yard line.
5. Try a strong play on the first down; if it fails consider a punt.
6. If the opponents are stopping line bucks, use wide end runs or passes, and vice versa, if wide end runs and passes are being stopped, use line bucks.
7. If the opponents' end is angling in and stopping line bucks, draw him into the line with a play that looks like a line play, but which ends in a run around him. If other plays are working save this for a scoring play near the goal line.
8. With a safety who is uncertain in handling punts, kick often to him and surround him with tacklers.
9. If the safety is playing too close to the line a quick kick should be ordered over his head.
10. Since mud favors the defense, pick the dry spots when you have the ball, and punt to the wet spots.
11. Send two or three plays at an incoming substitute lineman to try him out.
12. Study the defense and take advantage of its weakness.
13. If one of the opponents is hurt, work him on the next play. If he is a lineman, drive plays over his position; if a backfield man, throw passes into his territory.
14. Watch your backs to keep them from drawing too close to the defensive line.
15. If opponents are making consistent gains slow them up by taking out time.
16. Talk it up.

## THE HALFBACK AND FULLBACK POSITIONS

In selecting men for the backfield positions use only those who are quick thinkers, quick on their feet, rugged to stand punishment, able to dodge in the open field, and who have the determination to carry on when tackled. It is a good plan to give every candidate for the team a chance in the backfield. If they are slow in getting away or hesitate when about to hit the line or be tackled, shift them into the line.

The heaviest man of the lot is usually placed at the fullback position where his weight is useful in hitting the line and keeping the defensive line from spreading, thereby assuring success for the plays around the tackles and the ends. Backfield men with big legs are preferable because they are less susceptible to leg injuries and are better able to hold their feet. The forward passers—unless they are left handed—should be used at the left halfback and the quarterback positions.

All of the backs should be well grounded in the fundamentals, such as blocking, tackling, receiving, kicking and the like.

### Offense

The backfield men stand with their feet about 24 inches apart, with the toes straight to the front and on the same line. Their stance depends upon the type of formation that is being used. The players should remain rigid until the ball is snapped; their eyes directed straight forward to conceal the direction of the play.

On carrying the ball into the line the back should start forward with the snap of the ball, his eyes fixed on the spot to be attacked, with his body bent forward from the waist, his head up and his knees high. His arms should form a pocket with one hand above and the other hand and forearm below, with the abdomen as a backstop. When the ball is placed in this pocket by the quarterback the back folds his arms around it, forearms over the front of the ball. A back hitting the line concentrates his entire attention on the hole; never on the ball. When meeting opposition he should straighten out his body and pump his legs. When in the open field, the ball should be shifted to the outside arm and the other arm kept ready for the stiff-arm or side-step. Backs should run at top speed and hit hard in running interference.



(Caution):—Backs are usually weak in running interference. They should receive thorough instructions and be given extensive drill in blocking.

On plays that go outside of the defensive tackle the back usually receives the ball on a direct pass from the center. The first step taken with the snap of the ball is always a cross-over, e. g. a left halfback going to the right will keep his weight on the right foot and will cross the left foot in front of the right. The ball is received on this step and is shifted to the outside arm; he then follows his interference, being careful to avoid getting too close to them. On the play outside of the defensive tackle, if the end is blocked out, he should make a quick right-angle turn on his outside foot and cut straight up the field. When he reaches the line of scrimmage he should look for the opportunity to cut diagonally back across the field. This is called reversing the field. It has two advantages: that of bringing the ball back to the same relative position on the field from which it started, and of catching the backfield defense moving in the opposite direction.

On forward passes the backs should carry out the deception of the run as long as possible. This applies especially to the passer, who should be a good actor. He should adjust his ball while on the run, all the while keeping his eyes on the players forming his interference. After taking three or four steps laterally he glances down the field for the open receivers and makes his pass.

### Defense

The halfbacks play from eight to 15 yards back from the line of scrimmage, depending upon the type of formation used by the opponents, and directly behind their own ends or slightly inside. They are responsible for all long runs and for passes to the ends on their respective sides, or to any halfbacks who come deep. They should come in to meet running plays and should stop them near the line of scrimmage. The backs should be very careful to avoid being drawn in on plays which start like runs and develop into passes.

Backs should always keep the receivers of passes between themselves and the passer until the ball leaves the hand of the passer. They should then come in either to block the pass or to intercept it. When in doubt they should knock the ball to the ground. All fourth down passes should be batted to the ground unless the defensive back has a clear field ahead.



On fourth down punts the backs, usually the right half and the fullback, follow the offensive ends down the field, keeping them inside and staying close to them, but running slightly ahead. As the ends start to cut in toward the receiver, they should be blocked by using the rolling body-block.

The defensive fullback should play from five to eight yards from the line of scrimmage in the center of the opponents' offensive formation. He is responsible for stopping all plays from end to end. On running plays he should be alert and quick to size up the play and the point of attack. Once he is satisfied where the play is going he should come in fast and should meet it if possible on the line of scrimmage. If the runner is protected by massed interference he should dive under it, trying to pile it up. If the interference is running loose he should try to sift through it in an attempt to get at the man carrying the ball. On passes the fullback covers any eligible man who goes out laterally or into the center area.

All of the backfield men should "talk it up," thereby encouraging the line men ahead of them. An occasional slap on the back and a kind word will go a long way in bolstering up the courage of weary linemen who are taking the brunt of the attack.

## THE END POSITION

The ends should be quick on their feet, speedy, strong in order to block tackles out on inside of tackle plays, clever in order to block them in on off-tackle plays, aggressive, and good receivers of forward passes. To be successful they must be deadly tacklers, and must have the ability to keep their legs free in avoiding interferers. They must be quick and sure in falling on fumbled balls and in catching forward passes that are made to them on the run. The bigger the ends are the better, providing they have the other qualifications.

### Offense

On the offense the end should stand as close to his tackle as possible unless a punt formation or other special formation is called. On plays from regular formation which go inside of the defensive tackle he should start with the snap of the ball and drive the tackle out. The method of blocking the tackle on this play is fully discussed in the chapter on Exercises for Teaching Fundamentals of Backfield and Line Play.

In boxing tackles on the shift the ends move outside of the tackles on the "hep." They then use the body block which is explained in the chapter on blocking.

In covering punts the ends should start with the ball and upon hearing the thud of the kick should turn to note the direction and height of the ball. The ends must be clever in avoiding opponents who will be sent to block them, and should be ready at all times to use the side-step and stiff-arm to evade them. They should be careful to slow up when approaching the receiver so that they will not over-run him, thereby guarding against the danger of side-stepping or dodging on the part of the receiver. The first duty of the ends is to keep the receiver of the kick inside of them and then to make the tackle if possible.

On plays that go to the opposite side of the line the end is usually called upon to go through and block one of the defensive backfield players. He should start with the ball, running at top speed, and should drive into his opponent hitting him from the front, side or behind, just above the knees.

## Defense

On defense the end takes his position from two to four yards from his own tackle, the distance depending upon his own ability and the depth of the formation used by the opponents. On a wide punt formation the end will have to widen considerably. The closer an end can play to his own tackle and still keep all plays inside of him, the better he is as an end. He should stand with his body almost parallel to the line of scrimmage with his inside foot back, his weight well forward, and his hands on his knees. He should watch the ball and go with it. When it is put in play he takes two short quick steps straight forward; he then faces in to meet the interference. His weight should be well forward and his arms out ahead to keep his opponents away from his legs. He should always keep well to the outside of the play, so he will turn the play inside to the tackle who in turn will drive it into the center of the line.

He should always keep close to the ground, and if he can avoid or work his way through the interference to the runner he should do so. If the interference is massed and the runner well protected, he should throw his body across their knees, thereby piling them up so that perhaps the runner will fall over them. In any event the runner will have been slowed up so that the end's own backfield men will have had a chance to diagnose the play and to come in and tackle the runner. The end should never wait for a play to come to him, but should drive in fast and crowd the play in toward his own tackle. If the runner tries to run around him the end should run back with him and work him to the side lines.

If the play is aimed just inside of the tackle on his side, the end will see it as he charges forward, and can throw himself inward to stop the play. He must, however, be careful that the ball is in the runner's arms and that the play is not a fake to draw him in for a run around him. If the play passes inside of him the end should follow it from behind, looking for a fumble.

The end on the opposite side of the line (the weak side) should come in the same as the end on the strong side, looking for linemen coming out on criss-cross plays. He should meet these plays by staying on the outside and turning them in.

After every play the defensive ends should glance to the sidelines to see that no eligible players of the opponents are lying out for shoe-string passes. The halfbacks



in this case should be warned so that they can move over to cover the sneakers.

On passes as a general rule the ends rush in to hurry the pass, tackling the passer if he still has the ball. If the opponents use a wide-open formation with a halfback playing wide with the end, the defensive end on that side should move out with them, and drop back about four yards. He covers all short passes to either the halfback or the end.

On kicks the ends go in to hurry the kicker. If he is a sluggish and slow kicker they should try to block the kick. If the kicker is also a dangerous runner they should play safe by going in wider and slower.

## THE TACKLE POSITION

The tackles are by far the most important men on the line of scrimmage as far as the defense is concerned. The majority of the plays in a game go either inside or outside of the defensive tackles; these are the vulnerable spots. The tackles should be powerful, active and aggressive and above all they must have the ability to keep their legs free. Very often a small man who is quick and shifty on his feet makes an excellent tackle. The duty of the tackles on defense is to watch the ball, charge with it and meet the play behind the opponents' line of scrimmage. They are responsible for all plays inside and outside of their positions.

(Note: The offensive position of the tackle is explained in the chapter on Exercises for Teaching the Fundamentals of Backfield and Line Play.)

### Defense

The tackle on defense, when the opponents are using a formation with a tight line, stands in a crouched position with the inside foot back and the inside arm down. He takes his position a little outside and just off the shoulder of the offensive end. He should watch the ball and drive in as it is snapped, meeting the end on the side of the head or shoulder with the inside arm straight and the elbow locked, thus forcing him against his own tackle. With the movement of the inside arm, a step forward is taken with the inside foot, carrying the tackle outside of the end and behind the offensive line. The outside arm should be kept free and ready to use on any backfield man that may be sent to block him. He should always keep to the outside of the interference and should pile up the play inside of him.

With the offensive end playing from two to five yards outside his own tackle and leaving a hole of that width, the tackle plays in the center of the hole, watching the ball and driving straight in at top speed. He should have the outside arm ready for use in keeping the end away from his legs, the inside arm held in reserve for any backfield player that may be sent to help the end.

When the opponents use a formation with a backfield man playing about a yard outside of the end and from one to two yards back, the tackle should widen a little and

drive in at top speed directly at the halfback, ignoring the end altogether and playing a pile-up game.

The tackle should at all times watch the ball and drive in savagely behind the line of scrimmage, using his hands viciously to get at the man carrying the ball or to pile up the interference when it is running massed. He should always be on his toes and alert, looking for trick plays and passes. On trick plays he should go through and go for the man with the ball; or if there is a man who is not in motion, he should hit for him. On passes he should hurry in to rush the passer, tackling him if he still has the ball.

It is well for the tackles to study the backs of the offensive team, for signs showing the direction of the play. Any information of this sort that they may gather should be passed on to their team-mates.



## THE GUARD POSITION

The guards should be two of the biggest, fastest, and most aggressive men on the team. Because of the fact that the duties of the guard are less complex and more definite than those of the other line positions, men with less experience may successfully hold this position. A team that can muster two fast, heavy guards is indeed fortunate, as it has an opportunity to use them in running interference on wide runs. In order to get speed into the guard positions on offense, some coaches move the ends into these positions while others move in the tackles. In either case these men return to their normal positions on defense. The most successful systems of football in use today are built on the theory of running guards in the interference.

### Offense

The guards take their positions with their inside feet about two inches from the center's feet to give them more freedom in coming out of the line for interference, because it is very important that they get a quick start. Their stance corresponds to that of the tackles and ends.

On plays that go to the opposite side of the line the guards should go through and block off the defensive fullback. When possible they should clip him from behind by throwing their bodies laterally across his legs at the knees.

On running plays where the guards are called upon to run interference ahead of the man with the ball they should start with the snap of the ball, pivot off the inside foot, regardless of the direction they take, and run low and fast.

On punts and passes the offensive guards need hold only long enough for the kick to leave the foot, or the pass to leave the hand. On the punt after the ball is kicked they should hurry down the field at top speed to tackle the receiver. Where the opponents are making no attempt to break through to block the kick, the guards by a quick start and by driving through their opponents, may start with the ball and get down the field ahead of the ends. With the ends driving the receiver to the inside, the guards have many chances to make tackles in the open field. They should be careful not to over-run the receiver.

er, thereby placing themselves in a position to be easily dodged.

The guards should always be alert and in position. On offense the guards and the other linemen may rest on one knee until the first series of signals is called, after which they assume their normal offensive positions.

### Defense

The position of the guard on defense is similar to that of the tackle, with the inside foot back and the inside arm down. The guards are responsible for all plays which pass between the center and the tackles on their sides, also for all delayed plays through their positions. It is a good plan for the guards and tackles to keep the free arm swinging from the shoulder, as this maneuver has a peculiar psychological effect on their opponents. While waiting for the ball to be snapped the guards should study the backs and the linemen in front of them for signs showing the direction of the attack.

The guards always take their defensive positions between the second and third offensive linemen from the ends. With the snap of the ball, the guards drive in from below against the outside or second man, forcing him back and out. Their charge should be carried up from below, both hands driving against the heads of their opponents, or one hand on the head and the other on the shoulder.

This charge should be so vicious that their opponents will pay more attention to the hands of the guards than to their own particular assignments on the play. The guards should drive straight through and follow the ball. With plays coming straight at them, they should drive their opponents out of the way to get at the man carrying the ball; always playing low to make the tackle or to pile up the play by diving underneath. Once behind the line of scrimmage the guards should hit for the man with the ball or for any backfield man that is not in motion. They should follow all plays from behind the opponent's line of scrimmage.

On passes the guards should drive through and hurry the passer, tackling him if he still has the ball.



## THE CENTER POSITION

The center should have the qualities of the guards and ends—good weight combined with more than average speed. He should be aggressive and hard to knock off his feet. He should be cool under fire and accurate in his passing, and under no circumstances let his opponent worry him. He should be a good diagnostician of plays, have plenty of enthusiasm, and be one of the fiercest and most expert tacklers on the team. On defense he is a combination lineman and backfield man. With the full-back he makes up what is known in football parlance as the secondary defense.

The center should always be on top of the ball as quickly as possible after it has been declared dead, to prevent the opponents from moving it, and to permit the other



FIG. 20

Shows the correct stance and method of holding the ball, for the center

linemen to get into position. He should stand with his left foot flat on the ground and well under his body. His feet should be about two and one-half feet apart, facing straight to the front; the right foot up on the toes and about six inches back of a line drawn through the heel of the left foot. The back is parallel to the ground with all of the weight on the feet. The right foot should be well braced to withstand a charge from his opponent. It is very important to hold the ball in the proper manner. Put the right hand well to the front of the ball with the thumb and heel of the hand parallel to the lacing, and the hand turned down so that the tips of the fingers touch the ground. Put the left hand well to the back of the ball with the thumb and heel of the hand on top of the ball parallel to an imag-



inary line drawn through the long axis of the ball. The fingers should be spread out, gripping the ball. In passing, the right hand should be pulled up as the ball is passed back. This movement of the right hand will impart the spiral twist. The right hand is the power hand and the left hand the guide hand.

On indirect pass plays the center should hand the ball to the quarterback. He should not release his hold on the ball until the quarterback takes it out of his hands. On plays of this kind the center can keep his head up to watch his opponent and pass the ball back while he is charging forward.

On short formation plays, where the last man in the formation is less than six yards back, the ball should be floated back slightly ahead of the runner, so that he can receive it on the cross-over. On longer passes or on punts, the ball should be snapped back with the greatest possible speed, waist high. On the punt the ball should be passed directly to the kicker; on runs, slightly ahead. On all direct pass plays the center should watch the ball until it is in the hands of the receiver. He should be especially careful to avoid passing the ball over the receiver's head.

### Defense

The center is one of three defensive linemen who is permitted to play in a standing position. This is his privilege only when the opponents have the ball outside of his own 30 yard line, or when his opponents are not making consistent gains through his position.

The center is responsible for all plays inside of the ends and for all passes that go to the weak side and over center. He always plays directly in front of the middle player of the offensive line. When expecting a line play through his position he should drive straight into his opponent, pulling him out of the line if he is charging low, or driving him up and back if he is charging high. In using the second method he can work to either side of the offensive center after he sees which way the ball is being carried. Whenever the offensive quarterback plays under the center in a position to receive the ball from him on an indirect pass, the defensive center should play in the line and drive straight through, thereby preventing a sneak play through his position.

From the opponents' own goal line to the defensive team's 30-yard line the center may play about two yards back of the line. He should stay in this position when a

run or a pass is expected. If a line plunge is anticipated, he goes up into the line and drives straight through, but if the play develops into a pass or a run, he can drop back out of the line and follow the ball.

In order for the center to diagnose the play, it is essential that he carefully study the opponents' formation, know the down and the distance to go, and note the position where the ball is to be put in play on the field. The distance that the center may play back of the line may be increased depending upon the down and the yardage necessary for first down. When the opponents reach his own 30 yard line, the center goes into the line, plays in a crouch position with one hand on the ground, and charges straight ahead.

When an attempt to block the opponent's punt is to be made, the center should play in the line. Otherwise, when a punt is expected, the center should play back about 10 yards and should block the first offensive lineman coming down the center of the field. Punts may be blocked through the center by having the center pull the offensive center to the right, the left guard drawing the opponents' right guard to the left, and the fullback, who plays back about three yards, going through the opening.

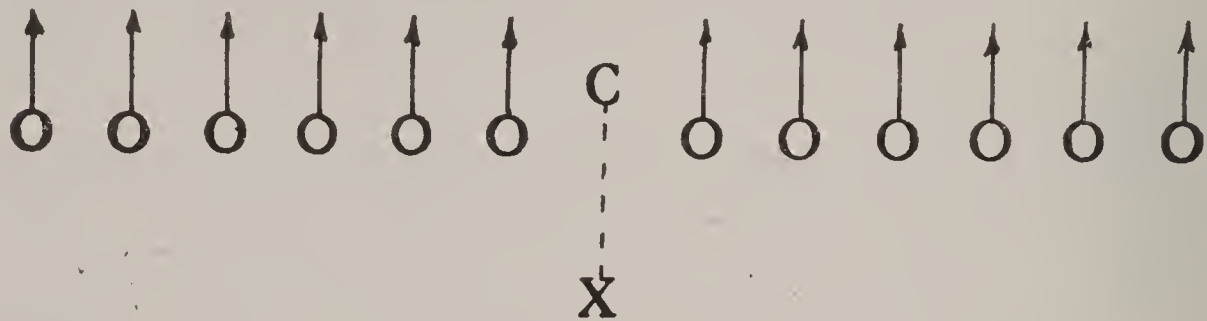
On defense the center should "talk it up," occasionally running along the line slapping his team-mates on the back and inspiring them on to greater efforts. This is especially effective if a long run or a series of short gains has been made around or through one particular lineman.



## EXERCISES FOR TEACHING THE FUNDAMENTALS OF BACKFIELD AND LINE PLAY

### Exercise No. 1.

Place the offensive center, with the ball, about one half yard ahead of the other lineman. Place on the right of center those men who normally play on the right of center, likewise on the left those who normally play on the left.



The offensive line position is taken with the feet about 24 inches apart and on the same line, with the toes pointing straight to the front. Both hands are placed on the ground with the arms straight and in a perpendicular position. The back is parallel to the ground; the head held up. After the second week of practice the position of the feet should be



FIG. 21

Showing a good offensive line position for the players on the left side of the line. The defensive position is practically the same except that the arm here shown resting on the thigh is in motion, swinging backward and forward.



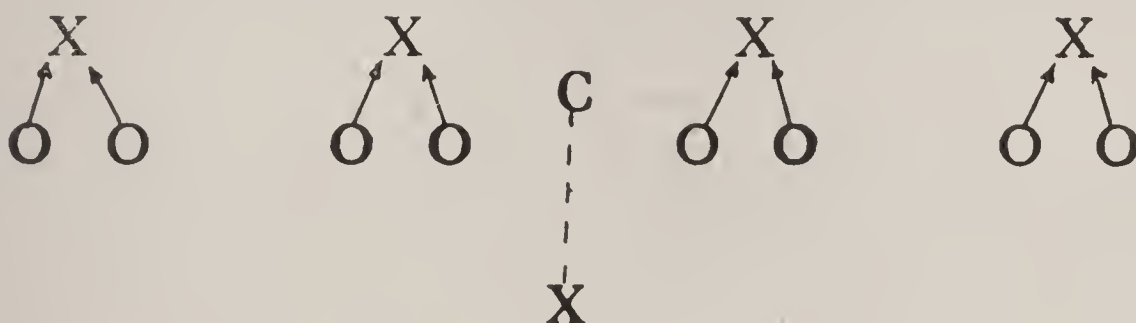
changed; the inside foot—the one nearest to the ball—being dropped back about six inches and the outside arm brought up, the forearm resting lightly on the thigh. The head should be turned slightly to the inside so the player may readily see the ball.

As the ball is snapped the linemen take four short, fast steps forward, keeping the back parallel to the ground with the legs well under the body. On the last step they dive forward flat on the ground. Pick out a soft grassy spot for this exercise. This is good practice for developing quick, unified charging on offense.

### Exercise No. 2.

#### The Shoulder Block

Line up two offensive linemen shoulder to shoulder against one defensive lineman. Have the defensive men stand with their hands on their hips and offer no resistance to the charge. The center should be placed in position with the ball. With the snap of the ball the of-

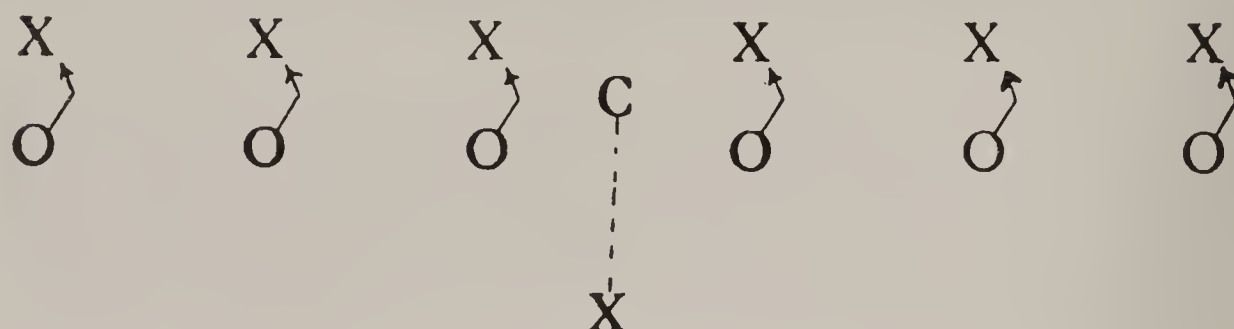


fensive linemen start forward as described in Exercise I, and meet their opponents with the inside shoulder and the side of the head in contact with the legs of the defensive men, just above the knees. The defensive linemen should then be pushed back by short, fast, digging steps. If the defensive players should work themselves loose from the shoulder block, the offensive players should immediately try to slip their inside knee between the defensive players' legs.

### Exercise No. 3.

Practice in teaching offensive linemen to block opponents to either side when the defensive linemen are playing directly opposite them. With the snap of the ball all of the offensive linemen take a short step diagonally to the right with the right foot. This maneuver will bring their left

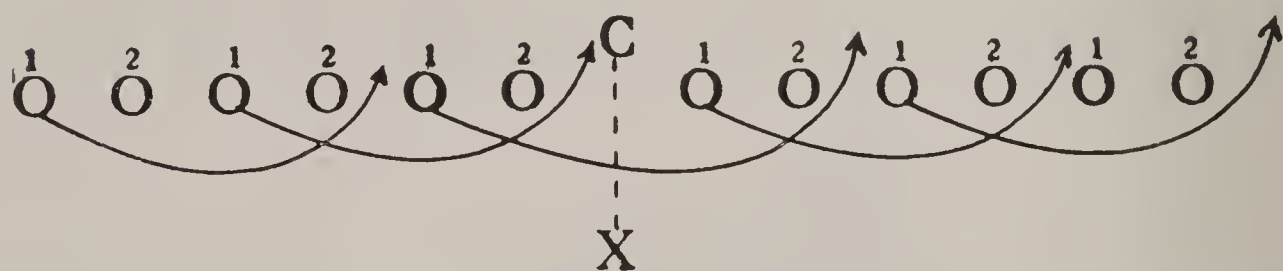
shoulders outside of their opponents. The right leg is then straightened out, a change of direction is made diagonally



to the left, and the left shoulder is brought in contact with the left thigh of the opponent. With short, quick steps the defensive linemen are then charged to the left.

#### Exercise No. 4.

The offensive linemen are spaced about a yard apart and counted off in two's. The coach then orders each number one to pull out behind the line and pass the second man



to his right. When the number one's are back in position the number two's repeat the exercise. For variation the players should be instructed to pass the third or fourth man to their right or left as directed.

The linemen always pivot on the inside or back foot regardless of the direction of the run and carry their bodies low, running hard and fast and pumping the arms to give them speed. This is an excellent exercise for speeding up linemen and for teaching them the proper method of swinging out of the line in forming interference.

#### Exercise No. 5.

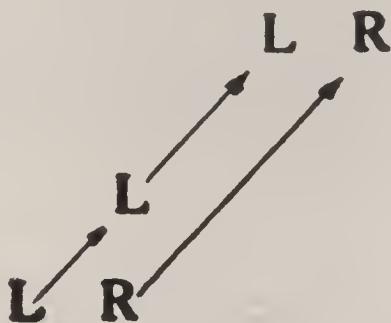
Set the defensive line slightly to either side of the offensive linemen—later directly in front of them and have the offensive linemen use the body block from the front and side as explained in the chapter on blocking.

**Exercise No. 6.**

Line up several players in single file on every other five-yard line with their hands on the ground. Have the backfield men zigzag through this line using the sidestep and reverse turn as explained in the chapter on open field running.

**Exercise No. 7.****The Diagonal Shift**

The backfield men are lined up about five yards apart, facing the coach. At the command "hep" all of the backs cross the left foot diagonally over the right to a point about two feet ahead of the right foot. The weight is



then shifted to the left foot; a quick spring is made diagonally to the right, bringing the players to rest with both feet parallel and about two yards forward of their original positions. The hands remain on the knees throughout the exercise.

**Exercise No. 8.****The Lateral Shift**

At the command "hep" the left foot is crossed in front of and about 4 inches to the right of the right foot.



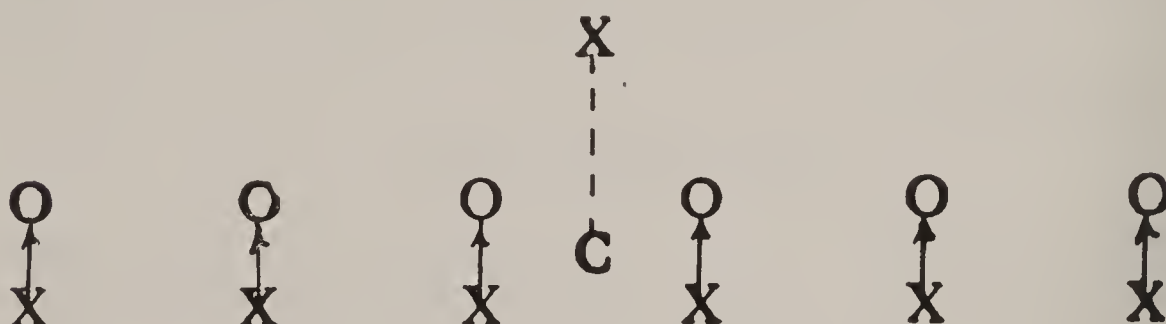
The weight of the body is shifted to the left foot. The player then springs from the left foot and moves out laterally about a yard, coming to rest on both feet in the same relative position assumed before the shift was started.



### Charging Exercises for Line Defense

#### Exercise No. I.

The defensive position is taken with the inside foot back and the inside hand down. The linemen watch the ball and charge with it from below, with the back and legs



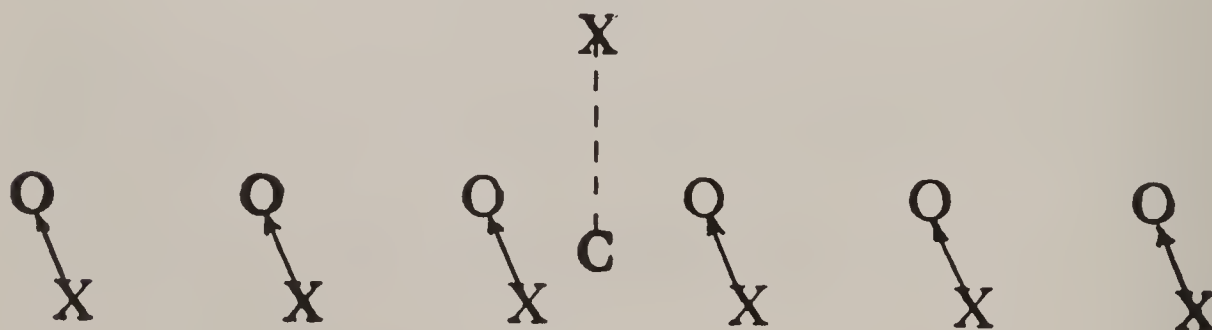
straightened out on contact—the elbows straight and locked. The hands meet the shoulders of the offensive linemen, in front of and below the shoulder blades. The power is then applied in an upward direction, thereby forcing the offensive players into an upright position and at the same time pushing them back.

#### Exercise No. 2.

With the offense and defense lined up as in Exercise No. 1 have the defensive linemen with the snap of the ball move forward, each grasping his opponent with both hands over the shoulder and hooking his hands in the opponent's arm pits and at the same time pulling him forward.

#### Exercise No. 3.

The defensive linemen are set slightly to the right of the offensive linemen. With the snap of the ball the players on defense drive up from below with both arms



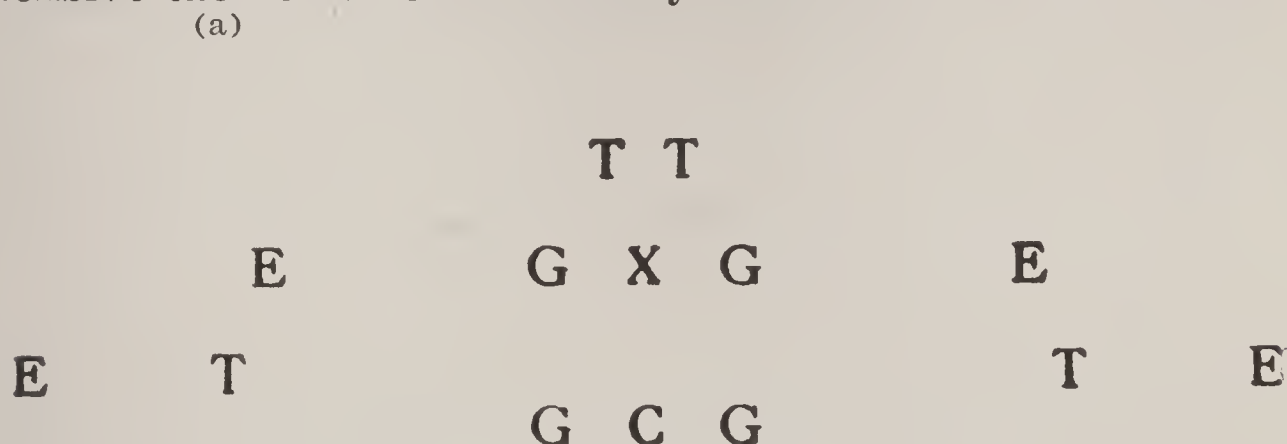
straight and locked at the elbows, driving with both hands against the side of the opponent's head as they meet him, or with one hand on the head and one on the shoulder, driv-

ing him out and back. Later change the defense to the left, and then straight in front of their opponents and repeat the exercise. This exercise is of particular value to linemen in teaching them the proper use of their hands and the proper application of their power on defense. Where a charging sled is not available this exercise should be practiced frequently.

#### Exercise No. 4.

##### Defense Against Quick Shifts

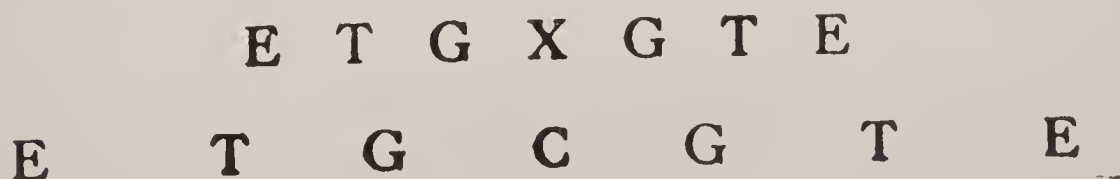
The offensive ends, guards and center are set on the line of scrimmage. The ends play wide enough to permit both tackles to move in together on either side. The tackles play back one yard from the line of scrimmage, behind the center, as shown in the diagram. On defense the three center linemen drop back one yard so they will be in a better position to watch the movements of the offensive tackles who are the key to the shift. The tackles



and ends play in their normal defensive positions.

The coach stands about five yards directly back of the defensive team. With either hand he signals to the offensive team the type of shift to be executed. If the right hand is raised the shift will be carried to that side of center and vice versa. One finger raised on either hand indicates shift (b); two fingers raised indicates shift (c); three fingers raised indicates the shift from (c) to (d).

Shift from (a) to (b).



The defense closes in to meet a regular balanced line.

Shift from (a) to (c).

	E	T	T	G	X	G	E	
E		T	G	C	G	T		E

The defense move laterally to their left, shifting one whole position to meet a four-and-two unbalanced line.

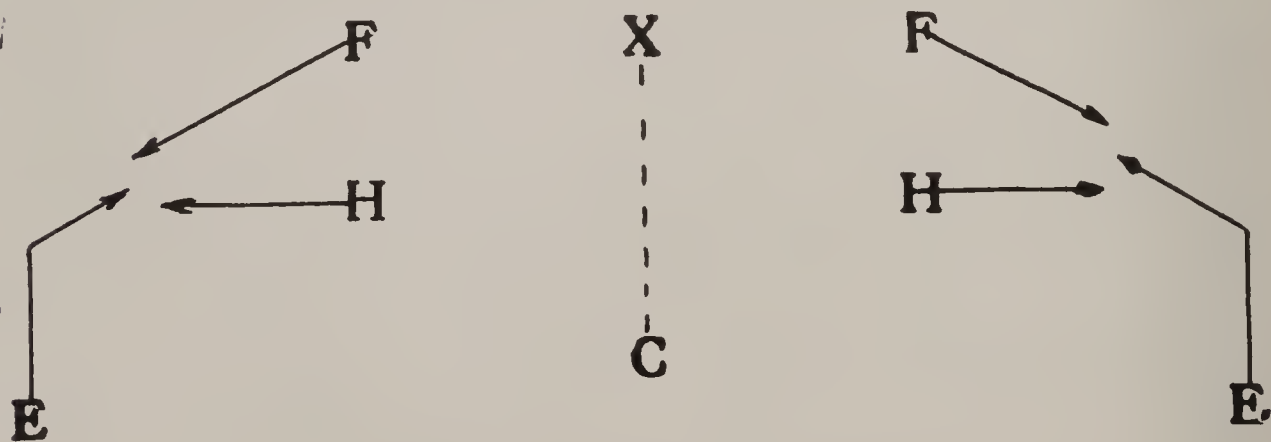
Shift from (c) to (d).

	E	T	T	G	G	X	E	
E		T	G	C	G	T		E

On a second "hep" the offensive left guard passes behind his own center and takes his position to the right of center. The linemen on the strong side each move one position to their right to make room for him. The end on the weak side closes in against the center. The defensive line again moves one position to the left to meet the new distribution of offensive strength.

#### Exercise No. 5.

The offensive fullbacks and halfbacks with the defensive ends are lined up as indicated. With the snap of the ball the ends take two quick steps straight forward then turn in to meet the backs. The halfbacks and fullbacks

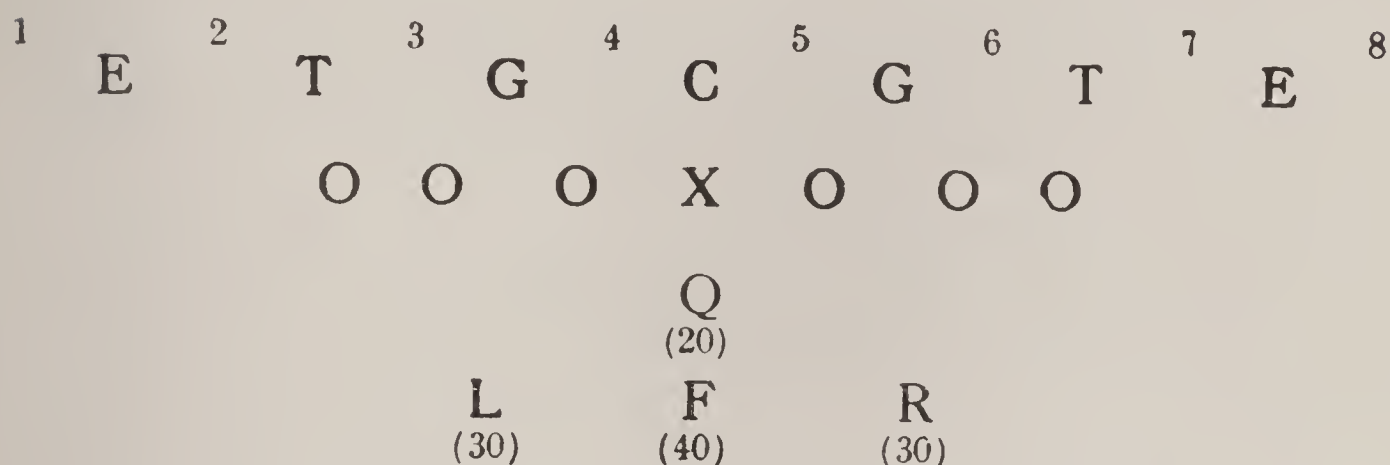


also starting with the ball, shoulder-block the ends out. This is a good exercise for teaching backfield men the shoulder-block and for teaching the ends defensive line play.



## A SIMPLE SET OF DOUBLE DIGIT SIGNALS

The numbers from 1 to 8 are the space numbers between the defensive linemen and are always the second digits of the play numbers. The play-number is usually the second number called, although it may be changed at any time to the third number. The backfield men likewise are numbered from 20 to 40. The first digit of the play-number indicates the man who will carry the ball, the second digit the space through which it will be carried. On all 20 plays the quarterback carries the ball, on all 30's one of the halfbacks, and on all 40's the fullback. Thus the play-num-



ber 46 will show at once that the fullback will carry the ball between the defensive left guard and tackle.

The plays are called in two series of three numbers each. The first number is always a blank number, unless a shift is desired. The second number is the play number, which includes the starting number where set formations only are used. The third number is a blank number. If a shift is desired the first number called should be in the 50's, and the number if even will show that the shift is to be carried to the right of center, and if odd to the left.

The first number of the second series is always a blank number. The second should be a repetition of the play number. The third is a blank except where a shift formation is called in which case the word "hep" is substituted. Example—58-37-59—84-37—"hep." The first number 58 shows a shift to the right, 37 shows that the left halfback will carry the ball between the defensive left tackle and end, 59 and 84 are blank numbers. Thirty-seven is a repetition of the play number.

In using set formation plays the quarterback should call out the name of the formation before calling his signals. The players continue to line up in this formation

on each succeeding play until the quarterback changes the formation.

Where set formations only are used (formations in which the linemen and backfield men are placed in position before the signals are called) a starting signal should be used. A simple, yet effective method follows: If the play-number is even the ball is snapped on the second number of the second series. If the play-number is odd the ball is snapped on the third number. Example—78-37-59—84-37-63. The play-number being an odd number the ball is snapped on 63, or the third number of the second series.

Where set formations and shift formations are used together, the ball is always snapped on the third number of the second series of all set formation plays, regardless of whether the play number is odd or even.

All trick plays are in the 70's.

All forward passes are in the 80's.

All kick plays are in the 90's.

## OFFENSE

Under the chapter on offense three distinct systems of football will be discussed. The first of these—the punt formation—is used in one form or another by all teams; the second—the set tandem formation, and the third—the Notre Dame Shift, are short-formation systems of play which have been simplified to meet the needs of high school teams. The tandem formation is far easier to teach than the shift. Where the coach has only limited experience in teaching football he will do well to concentrate on the tandem formation, but where he has had considerable experience and has fairly experienced material to work with, especially in the backfield, he should get good results from using the shift.

Along with the shift two regular formation plays are recommended to give the offense a combination of direct and indirect pass plays which add variety to the attack.

Systems of football in the past few years have become more or less standardized and it is not uncommon to see two teams using the same style of play. Neither team need feel handicapped under these circumstances. The fact that the signals are different places both teams on equal terms, and where the teams are evenly matched the one that plays the better football should win.

The plays that are given for the three formations are very much alike and have the same play numbers.

All three systems of football are built on the theory of running guards in the interference. If the guards or the men shifted to the guards' positions are fairly active and the tackles and center are good blockers, it is advisable to use the plays from these formations as given. If on the other hand the line material is inexperienced and inclined to be awkward it is best to leave the guards in the line and let them charge straight forward.

In the detailed plays that follow, the men are shown in the positions that they usually occupy. The coach may at any time change his men around to get the strongest offensive and defensive strength.

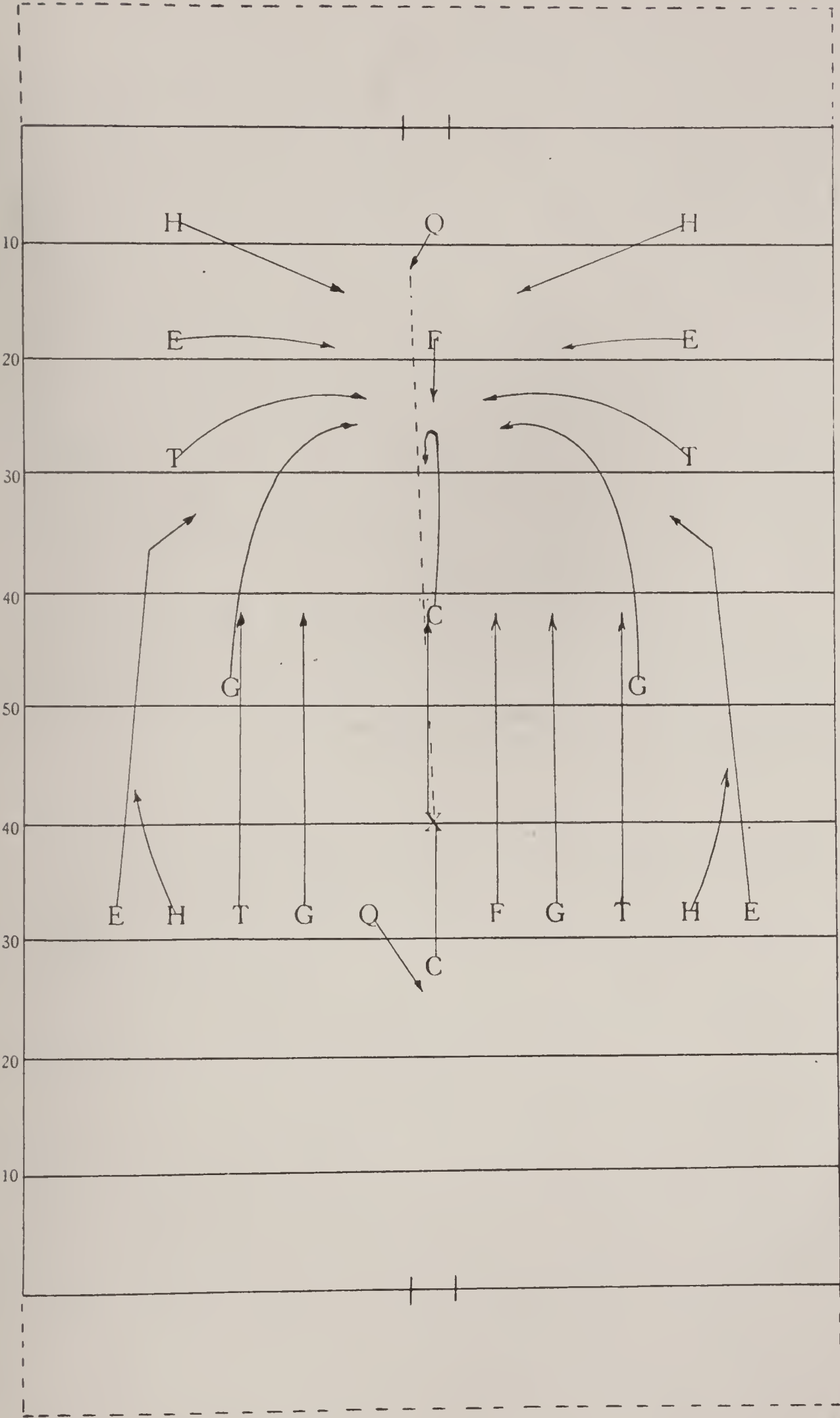


## THE KICKOFF

All of the offensive players, except the halfbacks and the safety rush down the field at top speed. The halfbacks trail the ends on the inside, watching for criss-cross runs or lateral passes. The kicker goes down the field to the left of the ball. The safety drops back to guard against a return punt. The cup system of defense is used on the kickoff; the ends driving the play in to the tackles, and the tackles in turn forcing the runner in to the three center men. All of the players on the kicking side are on-side and have the same right to a free ball that the opponents have.

The players on the side receiving the kick quickly note the height and direction of the ball, then drop back to form interference for the runner. The ball should be carried down the center of the field and the interference formed directly ahead of the man carrying the ball. The rolling body-block should be used in blocking opponents attempting to tackle the runner.

The three center men should never touch a hard-driven ball, but should permit it to pass.



## PLAYS FROM A PUNT FORMATION

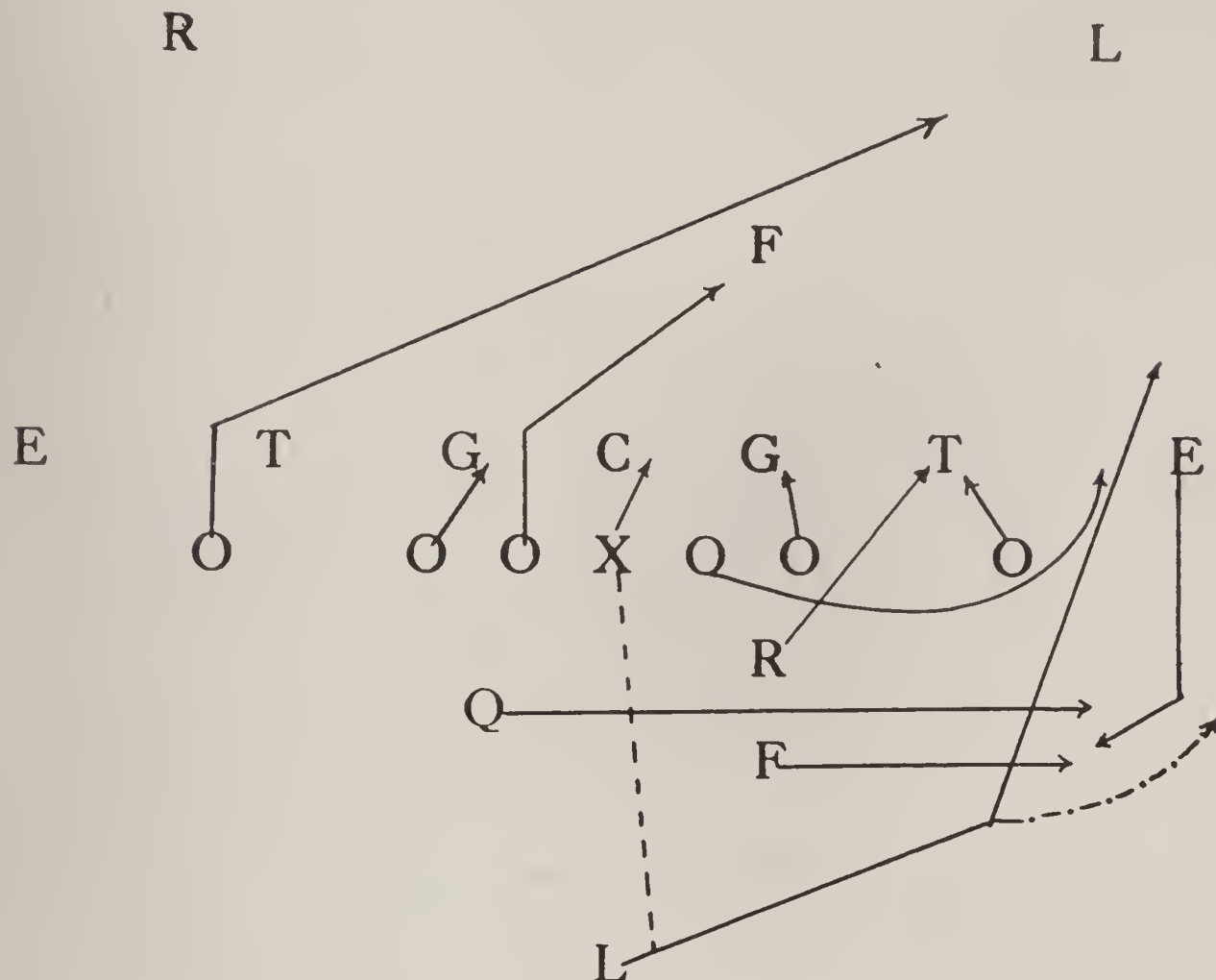
To place his men for this formation, the quarterback will call out "punt formation." The backfield lines up as diagramed above, with two backfield men—usually the right halfback and the fullback—on the right, and one back—usually either the quarterback or the left halfback—on the left. The right halfbacks plays  $2\frac{1}{2}$  yards from the line of scrimmage and in the space between the right guard and right tackle. The fullback plays  $1\frac{1}{2}$  yards directly behind the right halfback. The quarterback or left halfback plays 3 yards back of the line of scrimmage and in the space between the left guard and left tackle. The last man in the formation plays 8 yards back and directly behind the center. On a punt or drop kick this distance should be increased to about 10 yards. The man in this position should be able to run, kick and pass to make this formation really effective. The ends are set from 2 to  $2\frac{1}{2}$  yards out from their tackles.

All of the backs, except the man in the kicker's position assume the crouched position with one hand on the ground, or with both elbows resting on their thighs. The man in the kicker's position stands erect with his hands outstretched to receive the ball.



**Play No. 1.**

Worked only on the right.  
Signal 37.



Right End and Right Halfback—block the tackle in.

Right Tackle—blocks the guard.

Right Guard—comes around behind his own line to interfere for the runner.

Center—blocks the center.

Left Guard—goes through for the fullback.

Left Tackle—blocks the guard.

Left End—goes through and across for the defensive left halfback or the safety.

Fullback and Quarterback—shoulder-block the end out.

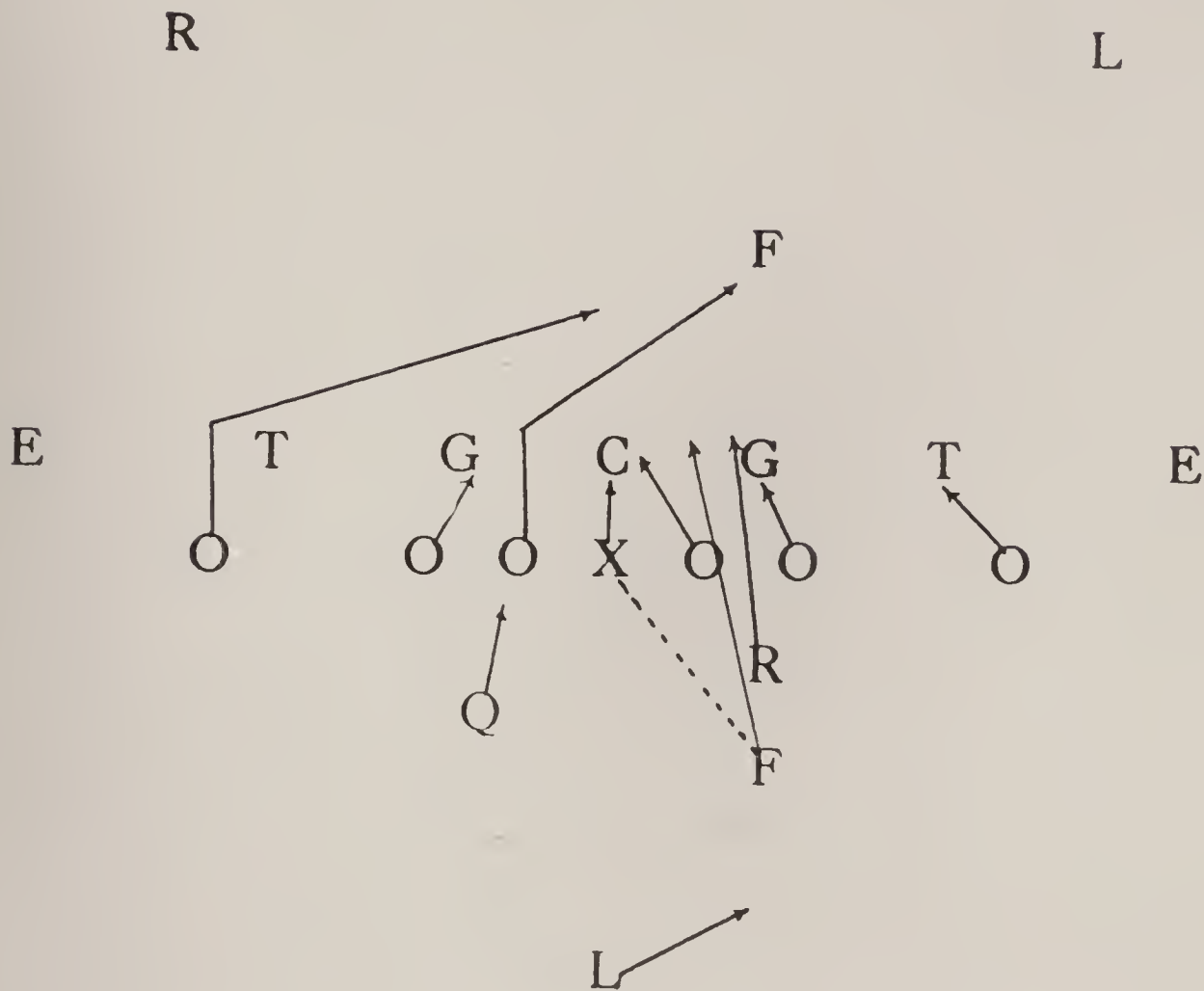
Left Halfback—receives the ball, which is passed slightly ahead of him, and carries it between the defensive left end and tackle, or around the end, depending upon the way the end came in and was blocked.



**Play No. 3.**

Worked only on the right.

Signal 45.



Right End—blocks the tackle.

Right Tackle and Right Halfback—block the guard to the right.

Right Guard and Center—block the center to the left.

Left Guard—drives through the guard, then blocks the fullback.

Left Tackle—blocks the guard.

Left End—goes through and across for the fullback.

Fullback—carries the ball between the guard and center.

Quarterback—follows through after the left guard.

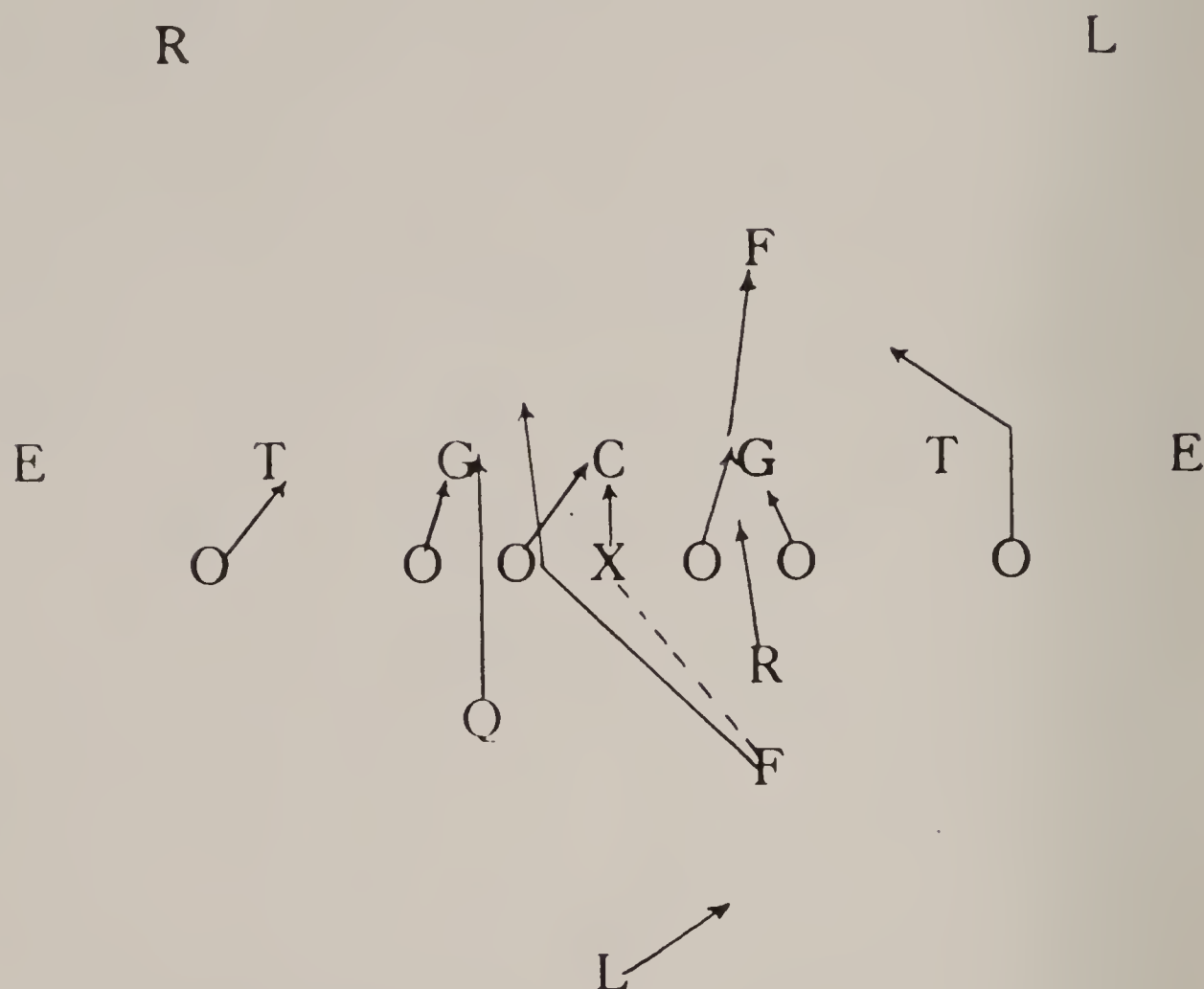
Left Halfback—fakes to the right.



**Play No. 4.**

Worked only on the left.

Signal 44.



Right End—goes through for the fullback.

Right Tackle—blocks the guard.

Right Guard—drives through the guard, then blocks the fullback.

Center and Left Guard—block the center to the right.

Left Tackle and Quarterback—block the guard to the left.

Left End—blocks the tackle.

Right Halfback—follows the right guard through.

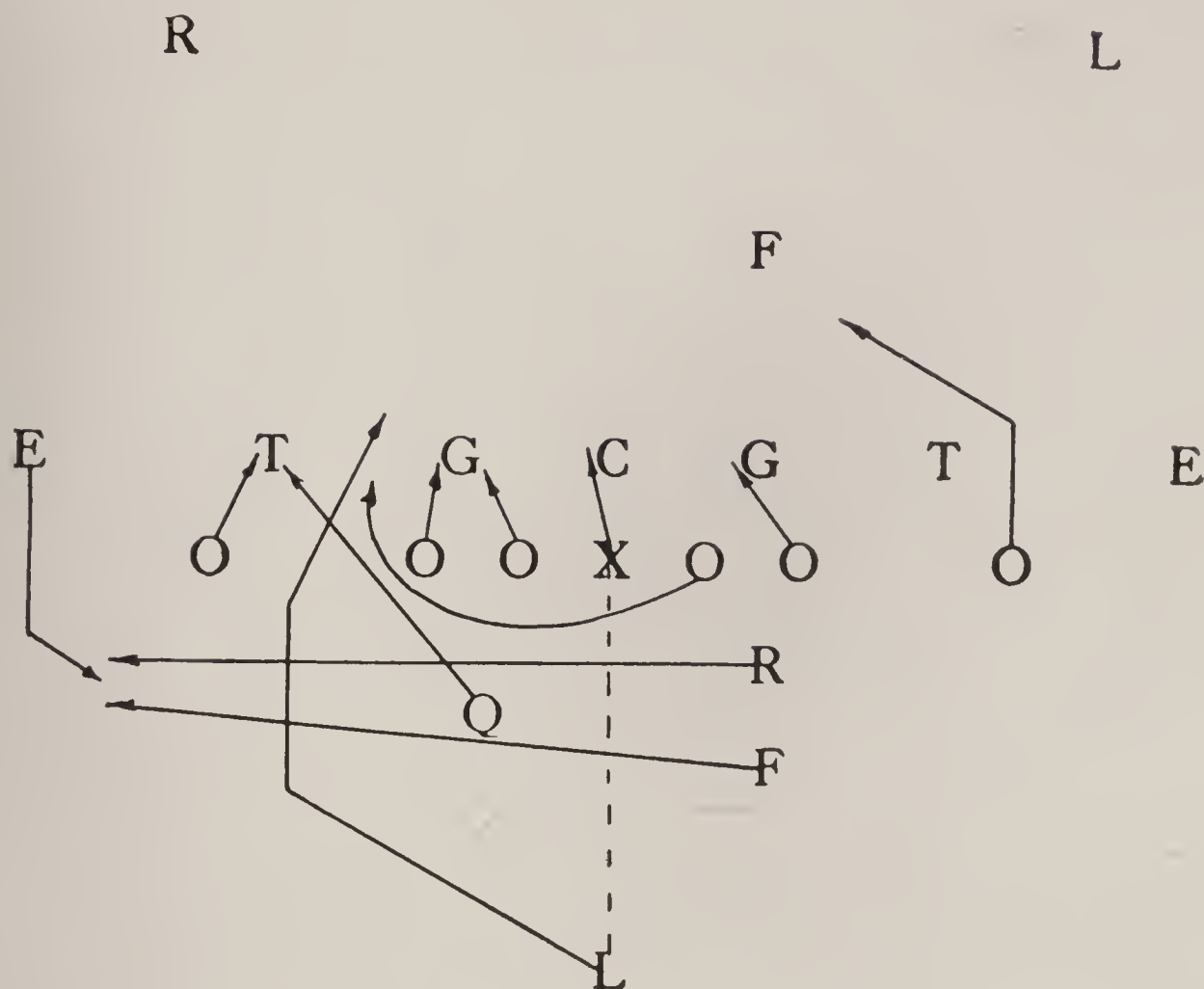
Fullback—carries the ball between the guard and center.

Left Halfback—fakes to the right.

**Play No. 5.**

Worked only on the left.

Signal 33.



Right End—goes through for the fullback.

Right Tackle—blocks the guard.

Right Guard—comes around behind the line with the snap of the ball and leads the left halfback into the hole.

Center—blocks the center to the right.

Left Guard and Left Tackle—take the guard straight back.

Left End and Quarterback—block the tackle out.

Right Halfback and Fullback—shoulder-block the end out.

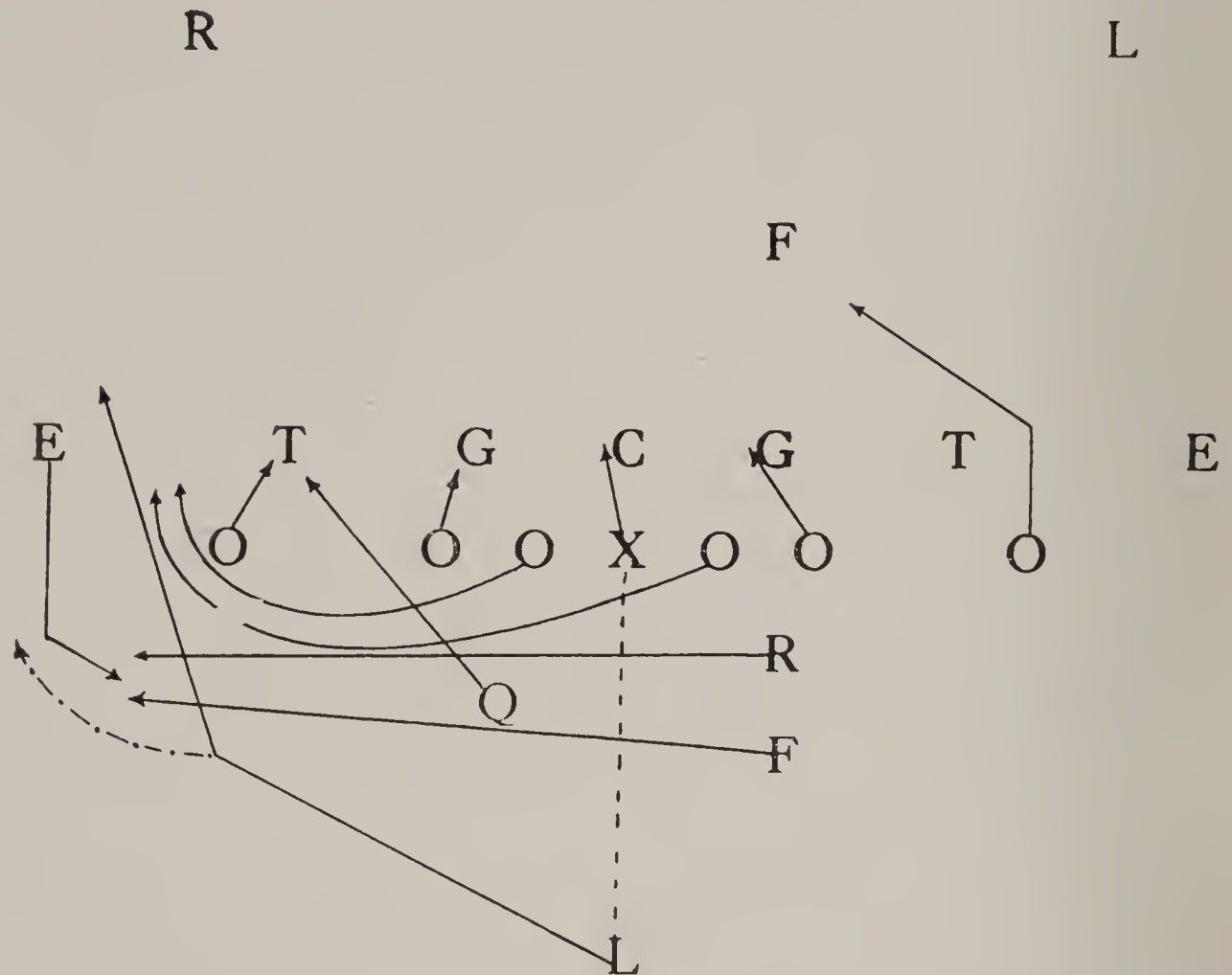
Left Halfback—receives the ball which is passed straight back to him and carries it the same as on play number 2.

**Play No. 6.**

Worked only on the left.

Signal 32.

Right End—goes through for the fullback.



Right Tackle—blocks the guard.

Right Guard and Left Guard—come around behind their own line, outside of the defensive tackle to form interference for the runner.

Center—blocks the center.

Left Tackle—blocks the guard.

Left End and Quarterback—block the tackle in.

Right Halfback and Fullback—shoulder-block the end out.

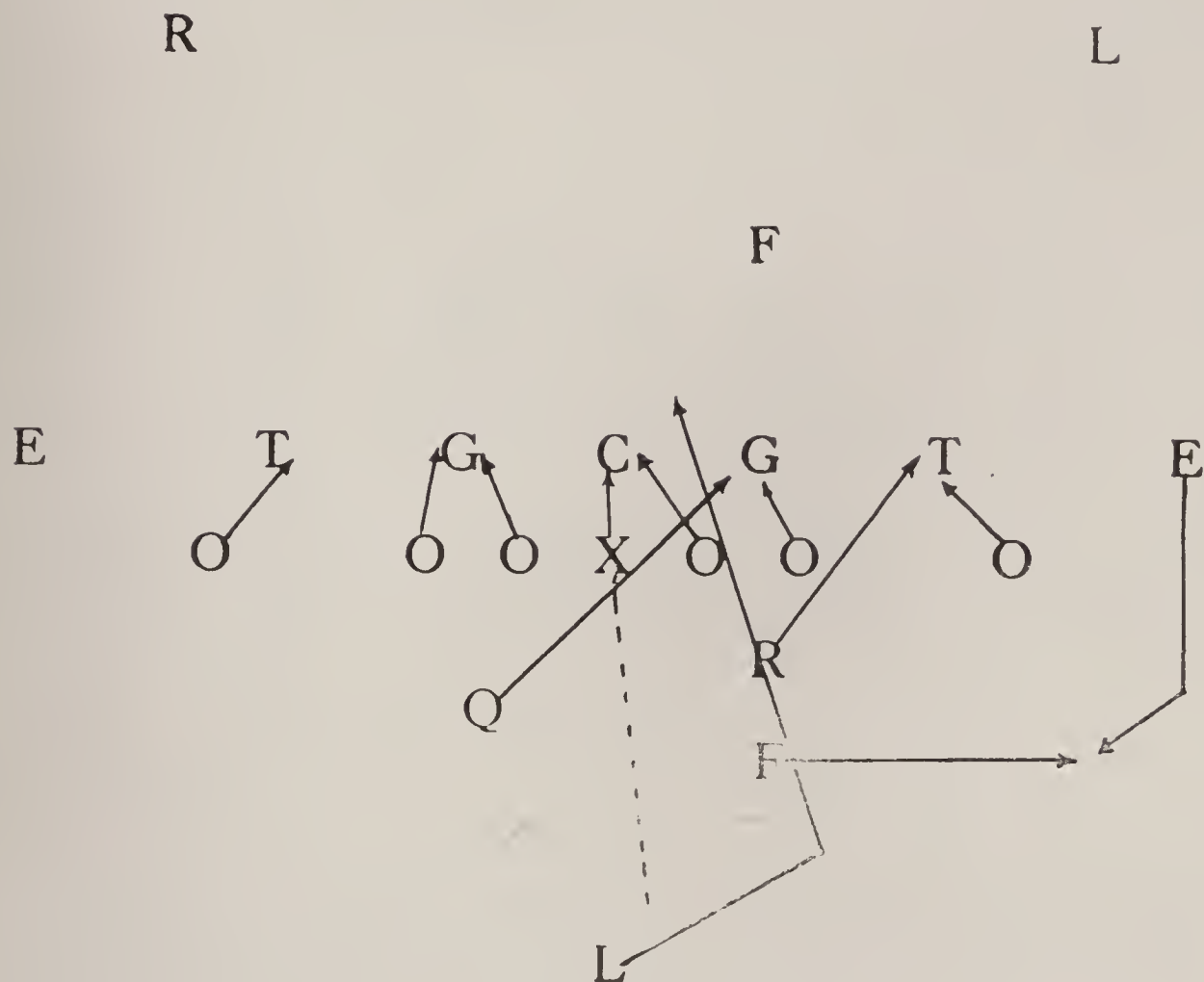
Left Halfback—receives the ball which is passed straight back to him and carries it between the defensive right end and tackle, or around the end, depending upon the way the end came in and was blocked.



**Play No. 7.**

Worked only on the right.

Signal 75.



Right End and Right Halfback—block the tackle.

Right Tackle and Quarterback—block the guard to the right.

Right Guard and Center—block the center to the left.

Left Guard and Left Tackle—take the guard straight back.

Left End—blocks the tackle.

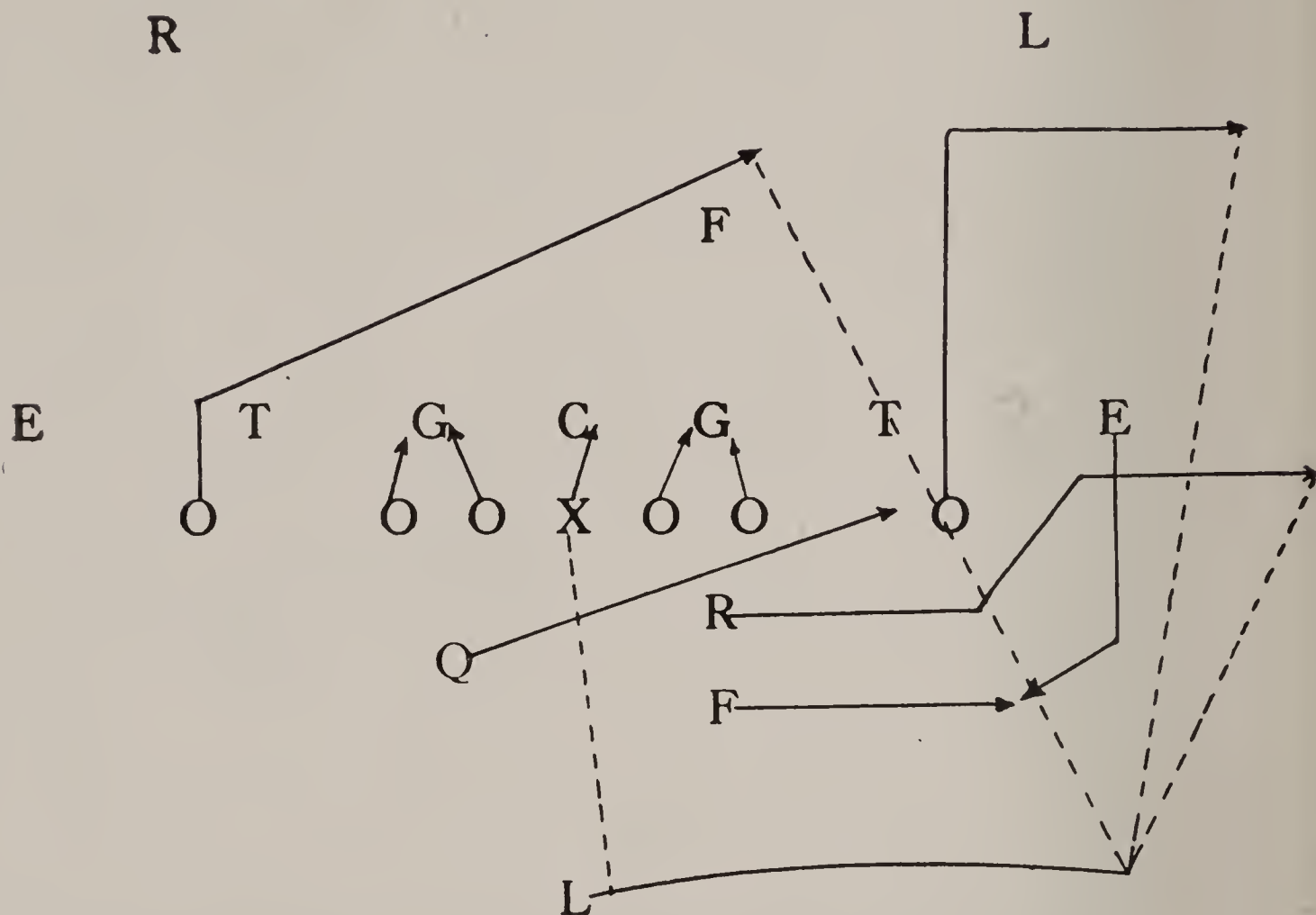
Fullback—blocks the end.

Left Halfback—receives the ball which is led slightly ahead of him, starts diagonally to the right, then cuts back through center.

**Play No. 8.****Running Pass**

Worked only on the right.

Signal 87.



Right End—goes straight down the field about 8 yards, then makes a right-angle turn to the right, looking for the ball.

Right Tackle and Right Guard—block the guard.

Center—blocks the center.

Left Guard and Left Tackle—block the guard.

Left End—goes down the field to receive the pass or to block off the safety after the pass is completed.

Right Halfback—goes out laterally at top speed, looking for the ball.

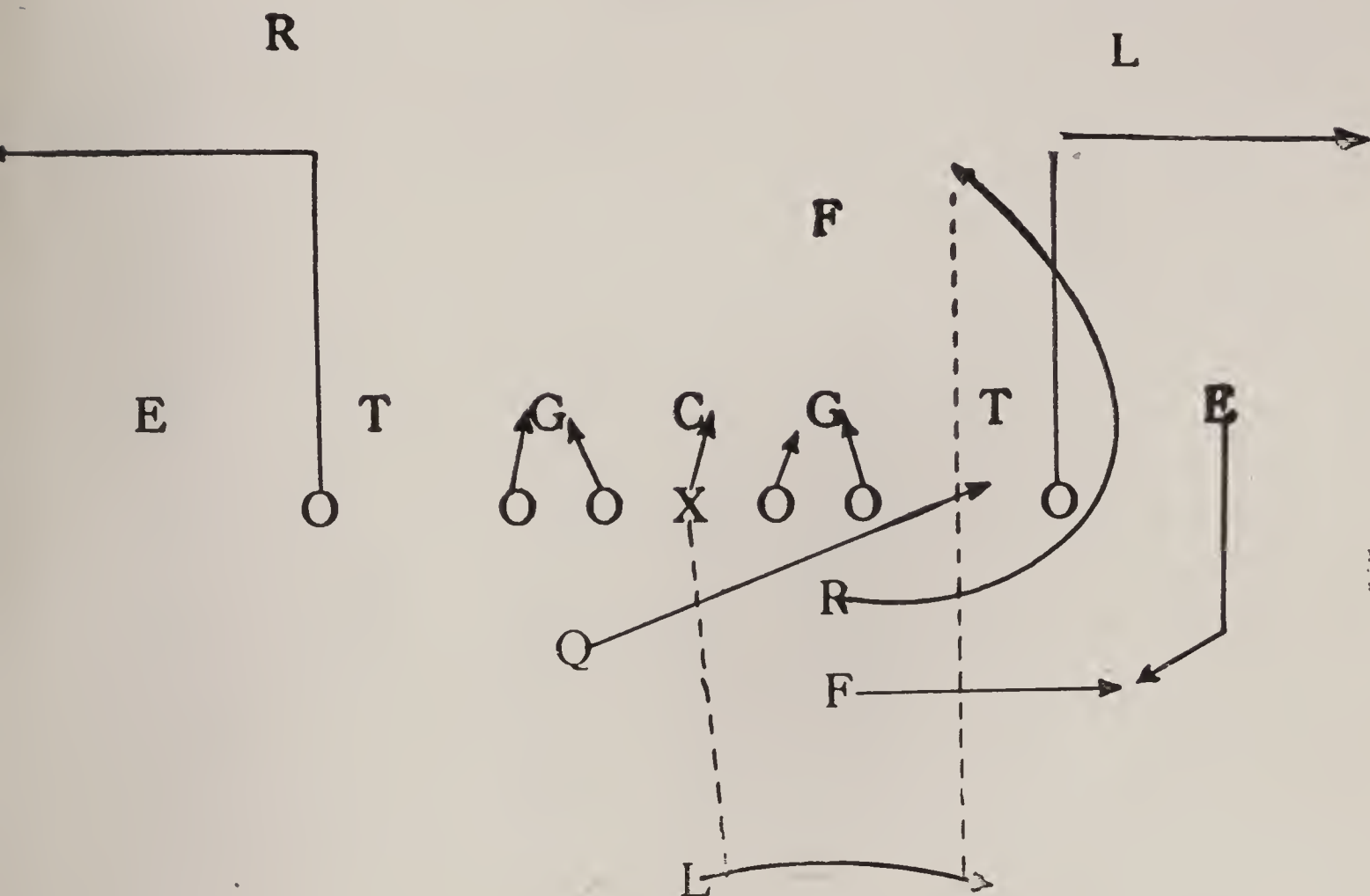
Fullback—blocks the end.

Quarterback—blocks the tackle.

Left Halfback—receives the ball, fakes a run, and passes the ball to either the right halfback, right end, or the left end, respectively.

## Play No. 9.

Signal on right, 85



Right End—goes straight down the field about 8 yards and makes a right-angle turn to the right to draw the defensive left halfback away from the pass.

Right Tackle and Right Guard—block the guard.

Center—blocks the center.

Left Guard and Left Tackle—block the guard.

Left End—goes straight down the field about 8 yards, then turns to the left to draw the defensive right halfback away from the pass.

Right Halfback—runs out to the right, around the defensive left tackle, takes about four steps straight down the field from the line of scrimmage, then cuts diagonally back towards the center. He should look for the ball and it should be passed to him on the run as he turns toward the inside.

Fullback—blocks the end.

Quarterback—blocks the tackle.

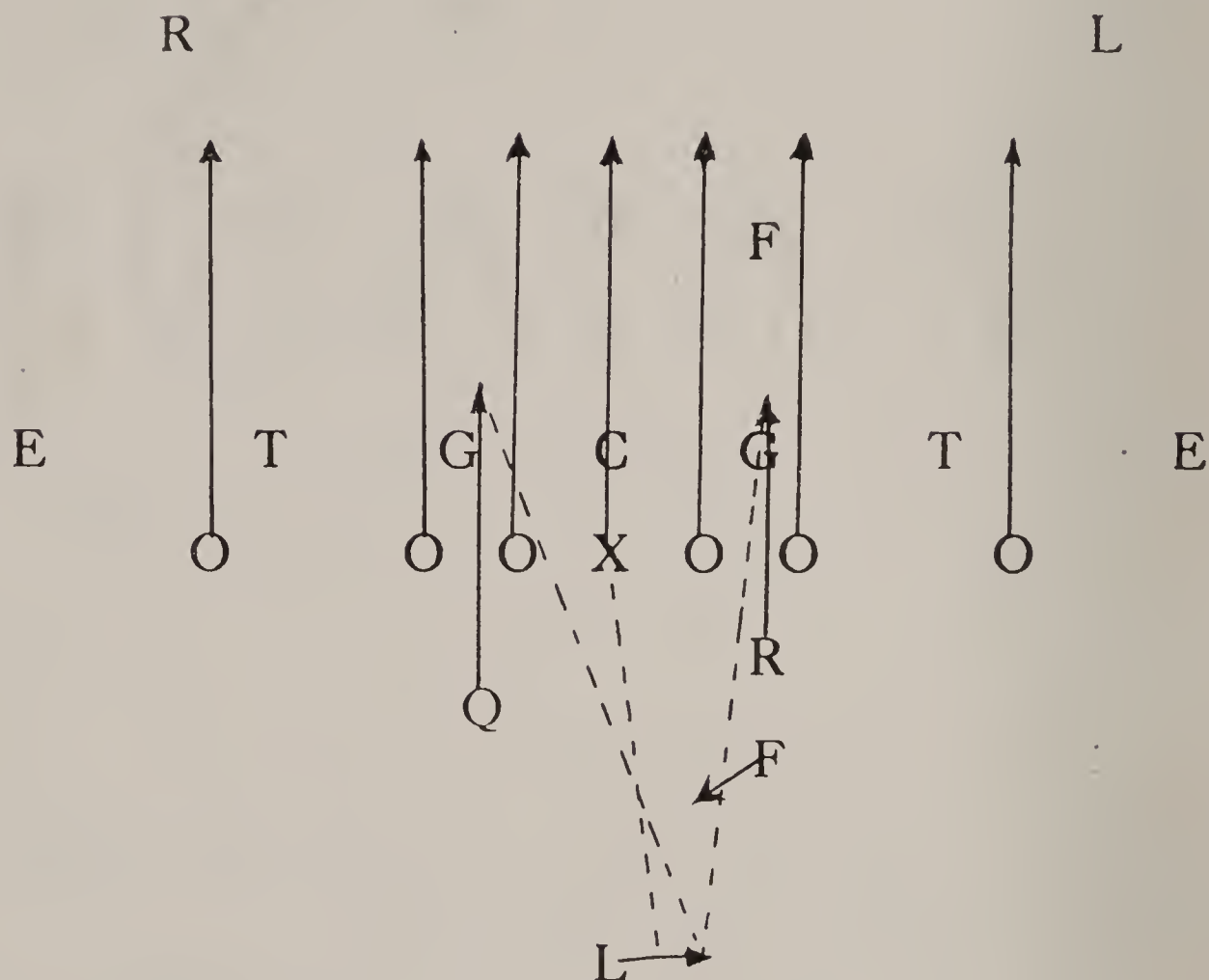
Left Halfback—receives the ball which is led slightly ahead of him and comes to a stop on his fourth step, and passes the ball to the right halfback.



**Play No. 10.****Screen Pass**

Worked only on the right.

Signal 84.



On this pass the offensive linemen with the snap of the ball avoid the defensive linemen, permitting them to come through while they rush down the field toward the back-field defense. They do not block them, but merely interfere with their freedom of action.

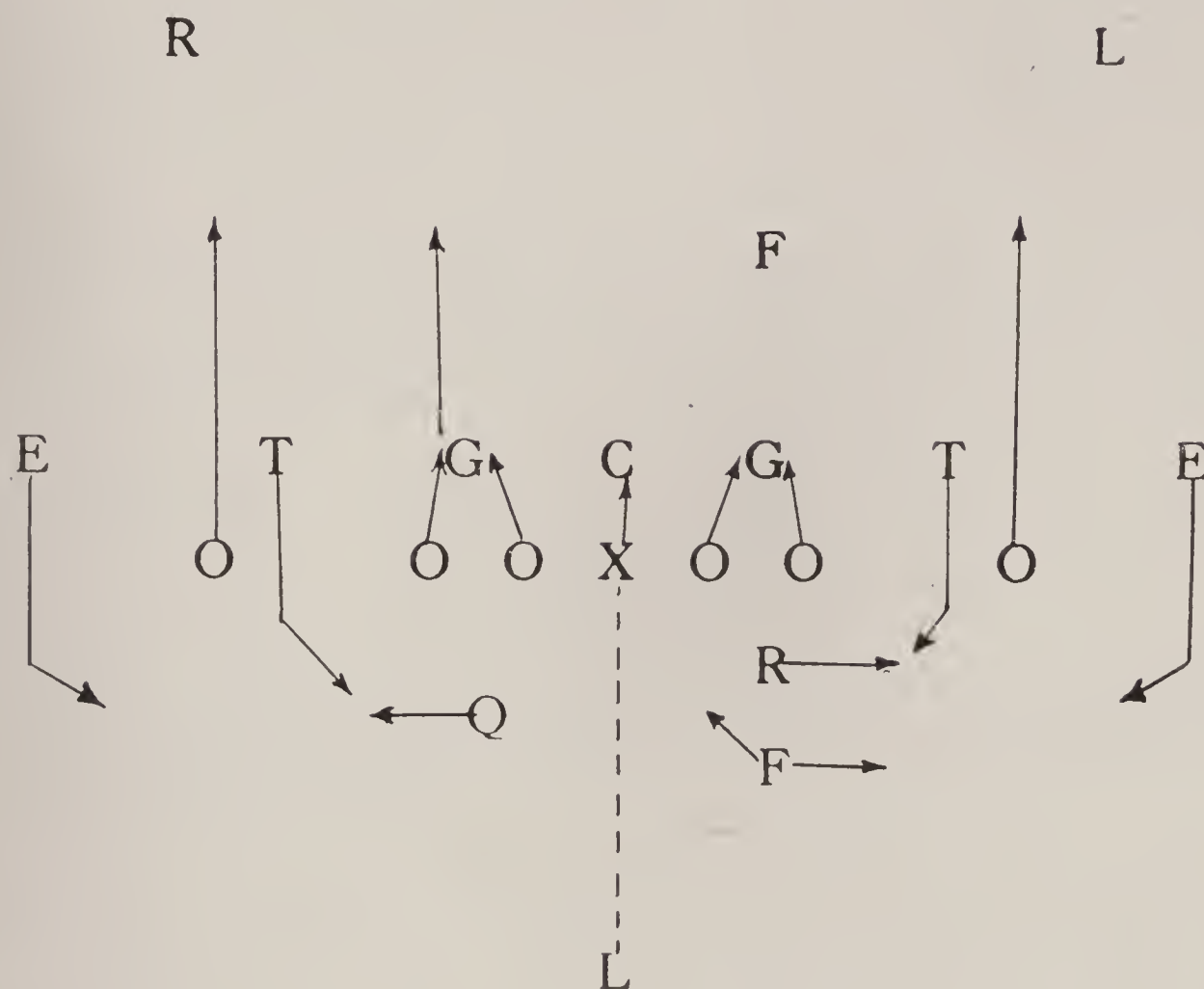
Quarterback and Right Halfback—sift through the defensive linemen and receive the ball behind the screen formed, usually in front of the defensive fullback.

Fullback—protects the passer.

Left Halfback—receives the ball and passes to one of the open receivers.

**Play No. 11.****Punt**

Signal 95.



Right End and Left End—both start with the snap of the ball and go down the field to cover the punt.

Right Tackle and Right Guard—block the guard until the ball is kicked.

Center—blocks center until the ball is kicked.

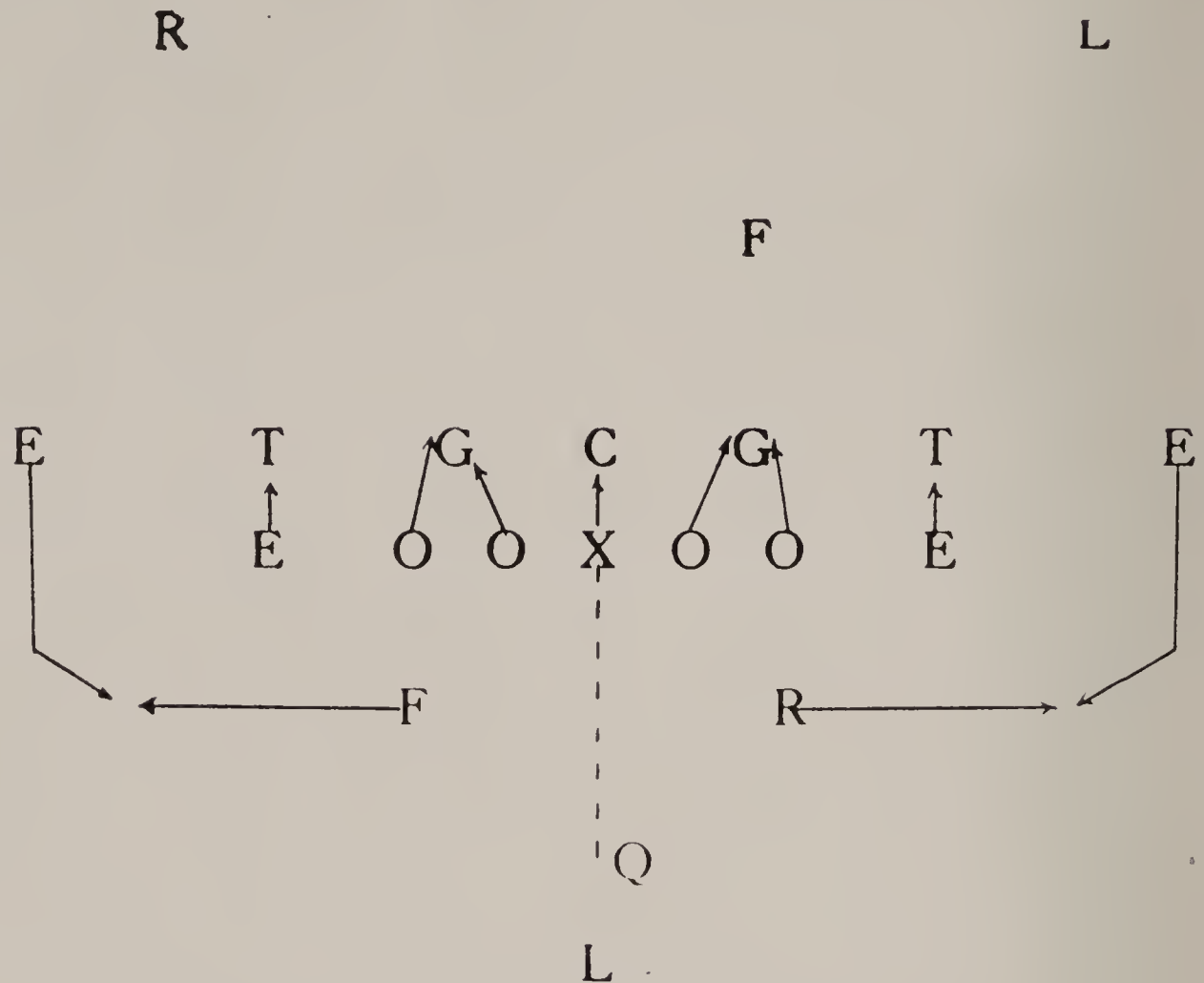
Left Guard or Left Tackle—the fastest and best tackler of the two starts with the snap of the ball and goes down the center of the field to make the tackle. The one who remains behind blocks until the ball is kicked.

Right Halfback and Quarterback—make the defensive tackles pass outside of them; making them widen as much as possible to delay them.

Fullback—either makes the defensive end pass outside of him or he blocks any lineman coming through the center.

**Play No. 12a.****Place Kick**

Signal 93.



Right End and Left End—play about a yard from their own tackles to make the defensive tackles widen so that they can be blocked or delayed in coming in to block the kick. They do not charge with the ball, but delay their charge to see which way the tackles come through, then dive across their thighs. The guards, tackles and center block the same as on passes, until the ball is kicked; they then go down the field to make the tackle in case the goal is missed and the opponents elect to run back the ball.

Right Halfback and Fullback—delay the ends by making them pass on the outside.

Quarterback—takes his position from 7 to 8 yards from the line of scrimmage.

Left Halfback—takes his position about 2 yards behind the quarterback.



**Play No. 12b.****Place Kick Following a Touchdown**

Signal 94.

A small mound of dirt about 3 inches high and about 7 inches square is placed about 7 yards from the line of scrimmage and directly behind center. The quarterback receives the ball from the center and places it in position on the tee, with its long axis perpendicular to the ground. The kicker stands with his left foot to the left and slightly behind the mound with his right foot drawn back. The instant the ball is set he swings the right foot forward, meeting the ball with the toe, scooping it up, and following it through.

**Play No. 13.****Drop Kick**

Signal 94.

The offensive line is lined up the same and blocks the same as on the place kick. The backfield blocks the same as on the punt.

## A SIMPLE SYSTEM OF OFFENSE FROM A SET TAN- DEM FORMATION

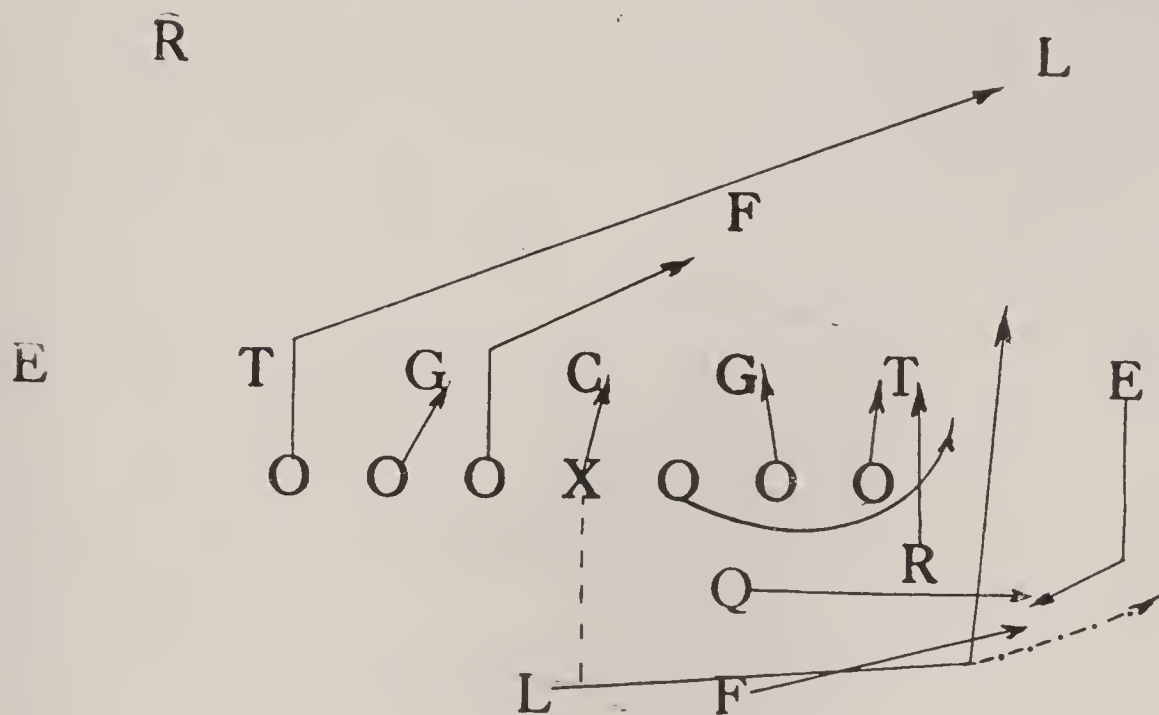
To place his men for this formation, the quarterback will call out "Tandem Right," if the formation is to be set on the right of center. The right halfback then takes his position from 2 to 3 feet outside of his own end, and from  $1\frac{1}{2}$  to 2 yards behind the line of scrimmage. The quarterback plays about  $2\frac{1}{2}$  yards behind the line and in the space between the right guard and tackle. The fullback plays directly behind the quarterback, or slightly inside, and  $4\frac{1}{2}$  yards from the line of scrimmage. The left halfback plays in the space between the left guard and center, and on a line with the fullback.

The starting position of the backfield players is the same as on the punt formation.

**Play No. 1.**

Signal on left, 32.

Signal on right, 37.



Right End and Right Halfback—block the tackle in.

Right Tackle—blocks the guard.

Right Guard—comes around behind his own line to form interference.

Center—blocks the center.

Left Guard—goes through for the defensive fullback.

Left Tackle—blocks the tackle.

Left End—goes through and across for the defensive left halfback or safety.

Quarterback and Fullback—shoulder-block the end out.

Left Halfback—receives the ball on the cross-over, shifts the ball to his outside arm and starts out laterally and slightly forward at about quarter speed. On his fourth step, he either makes a right-angle turn and cuts between the defensive end and tackle or continues on around the end, depending upon the way the end came in and was blocked by the quarterback and fullback.

Note: If the defensive end is playing extra wide, the quarterback may block him alone. The fullback will then turn inside and go down the field ahead of the man with the ball.



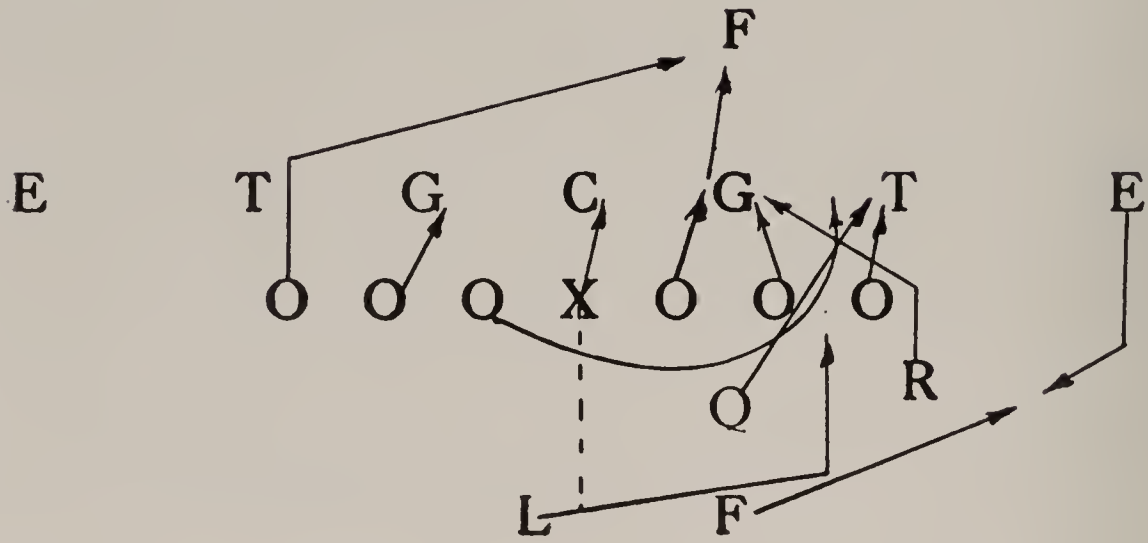
**Play No. 2.**

Signal on left, 33.

Signal on right, 36.

R

L



Right End and Quarterback—block the tackle out.

Right Tackle and Right Halfback—block the guard in.

Right Guard—drives through the guard and blocks the fullback.

Center—blocks the center.

Left Guard—comes around behind his own line and leads the man with the ball into the hole.

Left Tackle—blocks the guard.

Left End—goes through and across for the fullback.

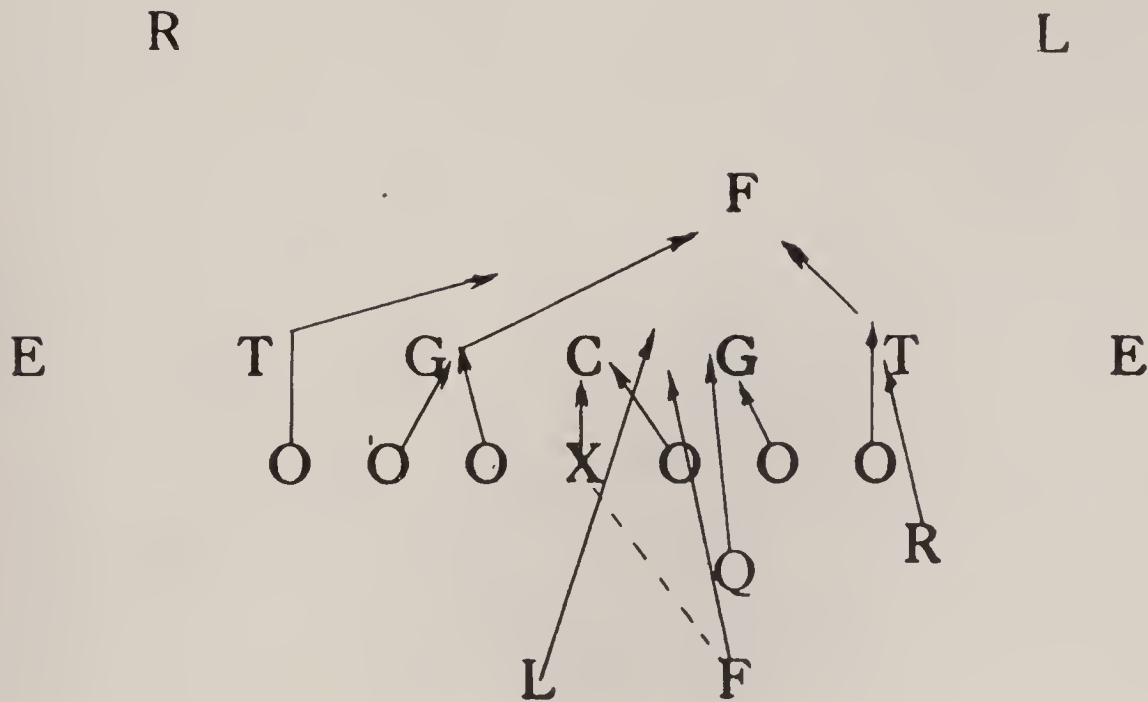
Fullback—blocks the end.

Left Halfback—receives the ball on the cross-over, takes four short running steps to the right and slightly forward—hitting on the outside foot—and carries the ball between the defensive guard and tackle.

**Play No. 3.**

Signal on left, 44.

Signal on right, 45.



Right End—goes through for the fullback.

Right Tackle and Quarterback—block the guard to the right.

Right Guard and Center—block the center to the left.

Left Guard—drives through to the guard, then blocks the fullback.

Left Tackle— blocks the guard.

Left End—goes through and across for the fullback.

Right Halfback—blocks the tackle.

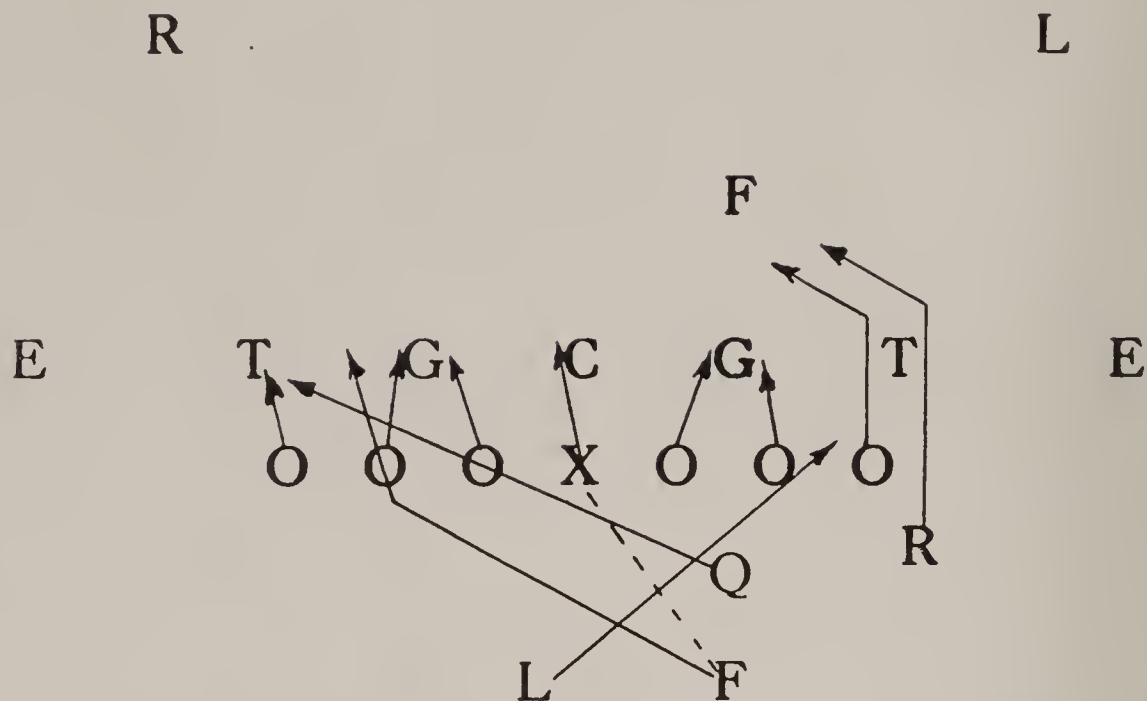
Fullback—receives the ball on a direct pass, delays an instant, and carries the ball between the defensive guard and center.

Left halfback—leads the fullback into the hole.

**Play No. 4.**

Signal on left, 46.

Signal on right, 43.



Right End—goes through for the fullback.

Right Tackle and Right Guard—take the guard straight back.

Center—blocks the center.

Left Guard and Tackle—take the guard straight back.

Left End and Quarterback—block the tackle out.

Fullback—receives the ball on a direct pass, delays an instant to let the left halfback pass, and carries the ball between the defensive tackle and guard on the weak side.

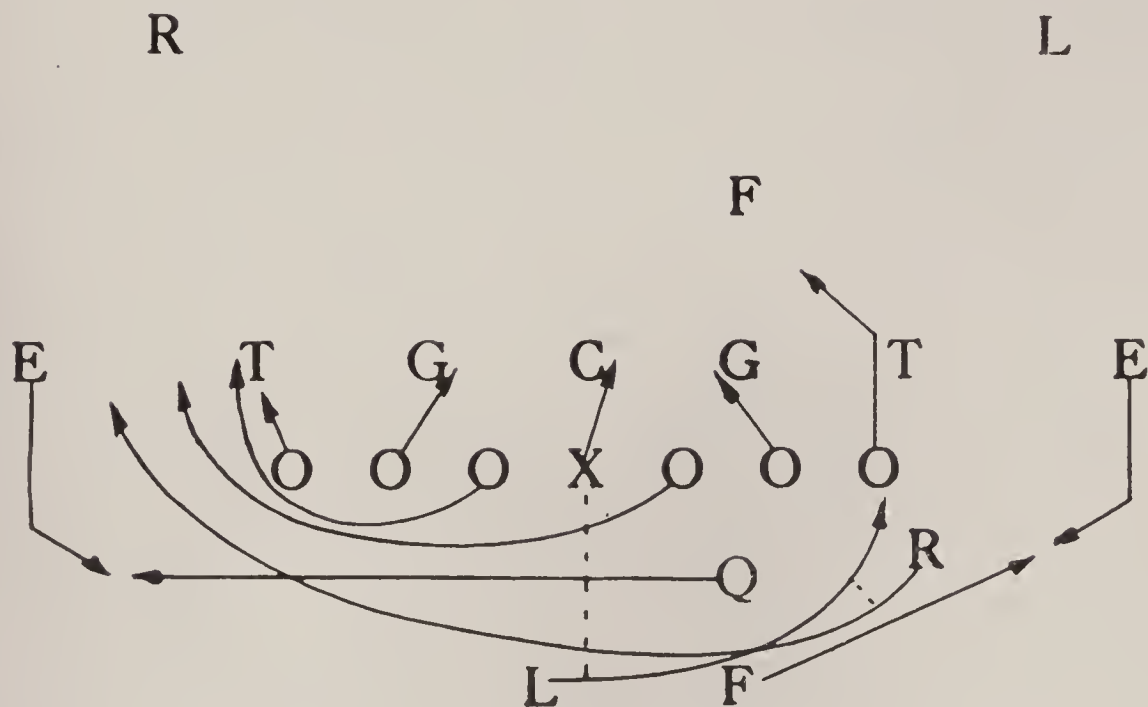
Right Halfback—goes through for the fullback.

Left Halfback—fakes across in front of the fullback and blocks the tackle.



**Play No. 5.**

Signal on right, 72.



Right End—goes through for the fullback.

Right Tackle—blocks the guard.

Right Guard—comes around behind his own line and forms interference for the runner.

Center—blocks the opening left by the right guard.

Left Guard—comes around behind his own line and helps his left end block the tackle in.

Left Tackle—blocks the opening left by the left guard.

Left End—blocks the tackle in.

Quarterback—blocks the right end out.

Fullback—blocks the left end.

Left Halfback—receives the ball on the cross-over, and carries it inside of the right halfback, at the same time handing him the ball. After passing the ball the left halfback continues and blocks the tackle.

Right Halfback—starts with the snap of the ball, pivots on his right foot and takes the ball from the left halfback. He carries it either inside or outside of the defensive right end, depending upon the way the end came in and was blocked.

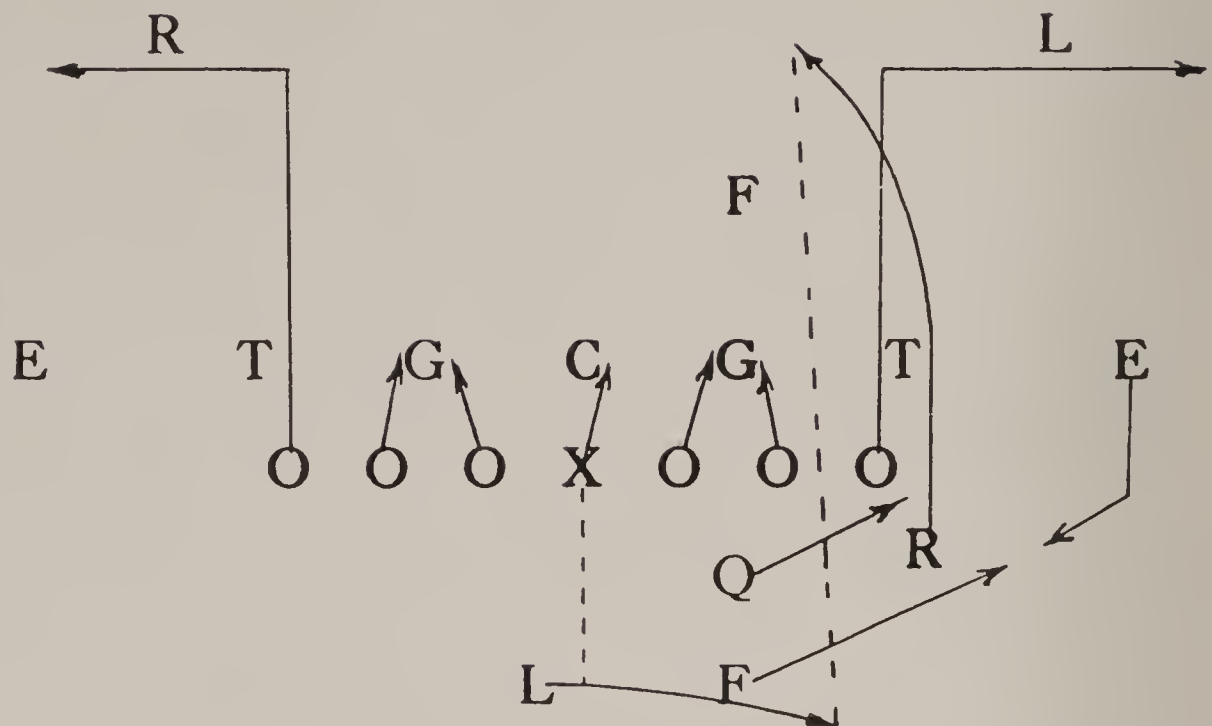






**Play No. 8.**

Signal on right, 85.



Right End—goes straight down the field about 8 yards and makes a right-angle turn to draw the defensive left halfback away from the pass.

Right Tackle and Right Guard—block the guard.

Center—blocks the center.

Left Guard and Left Tackle—block the guard.

Left End—goes straight down the field about 8 yards, then swings to the left to draw the defensive right halfback away from the pass.

Right Halfback—runs about 6 yards straight down the field, then turns back across center. He should look for the ball and it should be passed just as he turns toward the inside.

Quarterback—blocks the tackle.

Fullback—blocks the end.

Left Halfback—receives the ball on a direct pass and comes to a complete stop on the fourth step, passing the ball to the right halfback.



## **PLAYS FROM REGULAR FORMATION**

(Used with the shift)

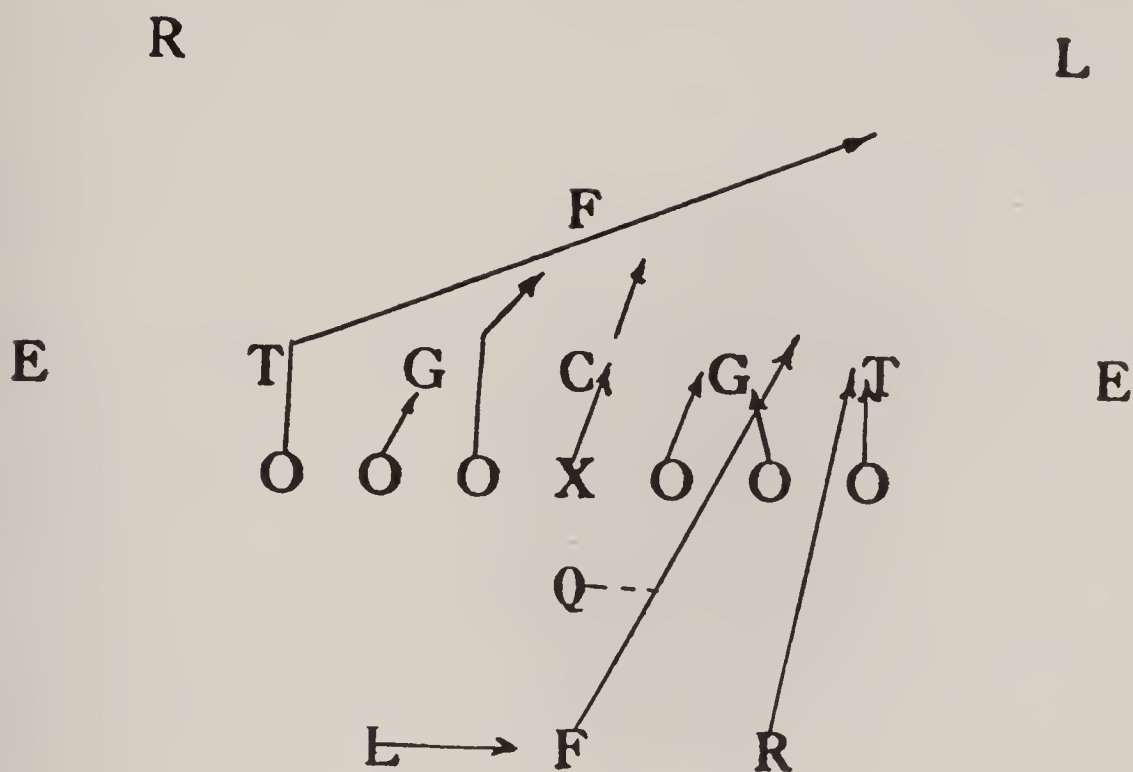
The quarterback takes his position on this formation behind the center; the fullback directly behind the quarterback and about  $4\frac{1}{2}$  yards from the line of scrimmage. The halfbacks place themselves on a line with the fullback and behind their respective tackles. All of the backs, except the quarterback, have their hands on their knees.



# Play No. 1.

Signal on left, 43.

Signal on right, 46.



Right End and Right Halfback—block the tackle out.

Right Tackle and Right Guard—take the guard straight back.

Center—blocks the center to the left, then goes through for the fullback.

Left Guard—goes through for the fullback.

Left Tackle—blocks the guard.

Left End—goes through and across for the defensive left halfback.

Fullback—receives the ball from the quarterback and carries it between the defensive guard and tackle.

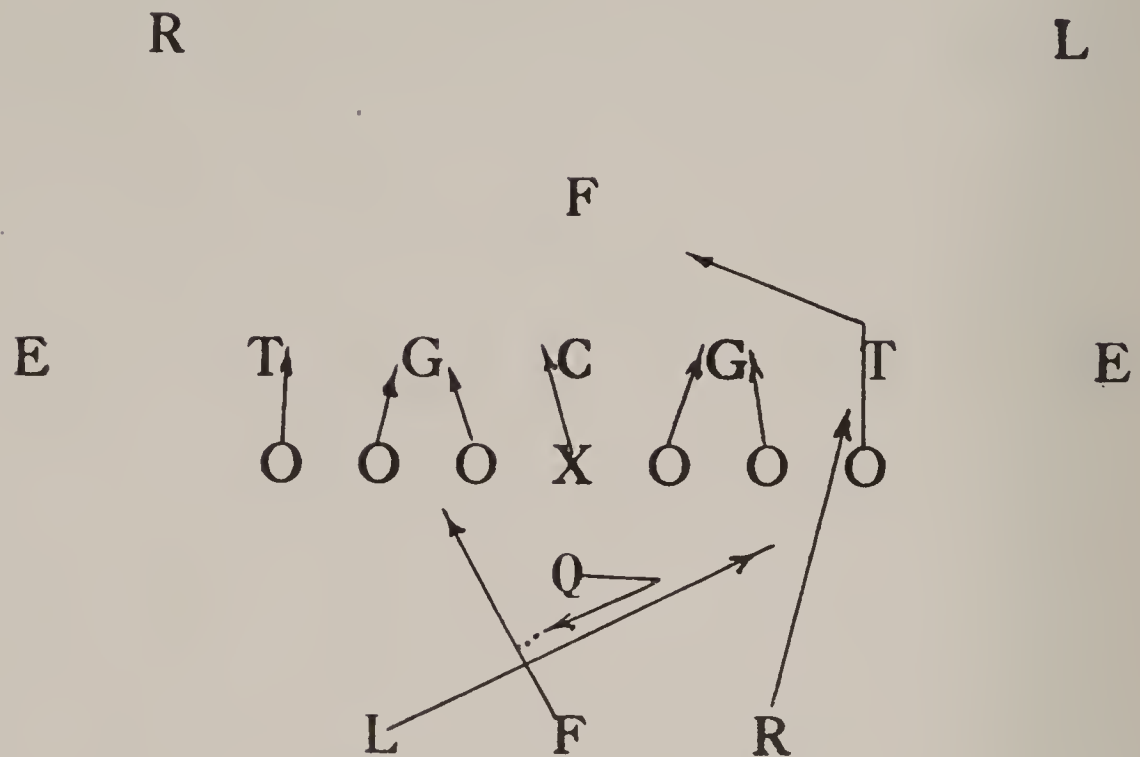
Left Halfback—fakes to the right.

Quarterback—receives the ball from the center, takes a step with his left foot to the right, and passes the ball to the fullback with the left hand.

**Play No. 2.**

Worked only on the right.

Signal 74.



Right End—goes through to block the fullback.

Right Tackle and Right Guard—take the guard straight back.

Center—blocks the center to the right.

Left Guard and Left Tackle—take the guard straight back.

Left End—blocks the tackle out.

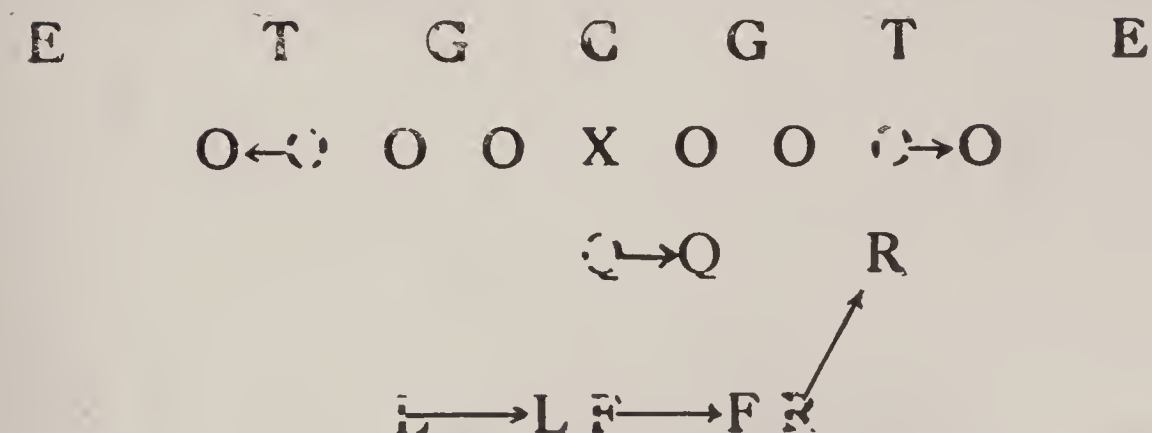
Right Halfback—blocks the tackle same as in play number one.

Quarterback—pivots on his right foot and takes a step to the right with his left foot, faking the ball to the left halfback. He then pivots around on both toes to the right and passes the ball to the fullback with the right hand.

Fullback—drops down on one hand, concealing himself until the quarterback has made the fake to the left halfback. He then starts forward to the left looking for an opening.

## PLAYS FROM A SHIFT FORMATION

(Simplified Notre Dame Shift)



The shift is started from the regular formation. The formation number is any number in the 50's, the first number called; and the number, odd or even, shows the side to which the backfield will shift. The quarterback substitutes the word "hep" for the third number of the second series, then counts "one-two," the ball being snapped on the two. All of the backfield men take two steps during the shift. When the shift is to the right the right halfback takes the diagonal shift forward and the quarterback the same shift backward, while the other two backs take the lateral shift. (See chapter on Exercises for Teaching the Fundamentals of Backfield and Line Play.)

If the shift is to the right the right halfback moves forward and comes to rest in the center of the space between his own right end and tackle, and  $2\frac{1}{2}$  yards from the line of scrimmage. The quarterback moves backward to a point directly behind his right guard and on a line with the right halfback. The fullback shifts out laterally to the space between the right tackle and right guard,  $4\frac{1}{2}$  yards from the line of scrimmage. The left halfback also moves laterally to the space between the left guard and center and on a line with the fullback. The ends shift out a yard along the line of scrimmage. All of the backs start with their hands on their knees and keep them in this position throughout the shift.

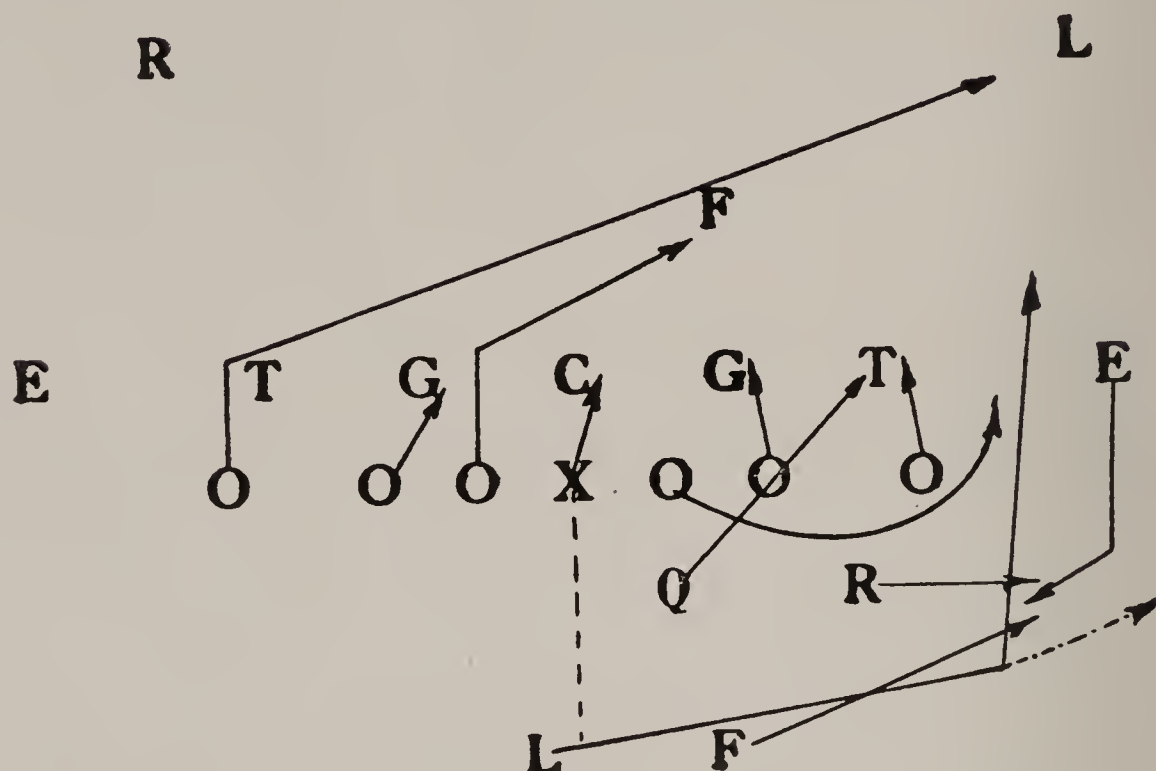
If it is desired to have the fullback or the quarterback carry the ball from the above formation, the change in positions should be made before the signals are called. Thus, if the quarterback wishes to carry the ball on 37, he takes the left halfback's position; calls his signals from this position, and moves the left halfback into the quarterback position.



**Play No. 1.**

Signal on left, 32.

Signal on right, 37.



Right End and Quarterback—block the tackle in.

Right Tackle—blocks the guard.

Right Guard—comes around behind his own line and forms interference.

Center—covers hole left by the guard.

Left Guard—goes through to block the fullback.

Left Tackle—blocks the guard.

Left End—goes through and across for the defensive left halfback or safety.

Right Halfback and Fullback—shoulder-block the end out.

Left Halfback—receives the ball on the cross-over, shifts the ball to the outside arm, and starts slightly forward at about one-quarter speed. On his fourth step or outside foot, he either makes a right-angle turn between the defensive end and tackle, or continues on around the end, depending upon the way the end came in and was blocked.

Note: If the defensive end is playing extra wide, the right halfback can block him alone by using the rolling body block and the fullback will then turn inside and go down the field ahead of the man with the ball.



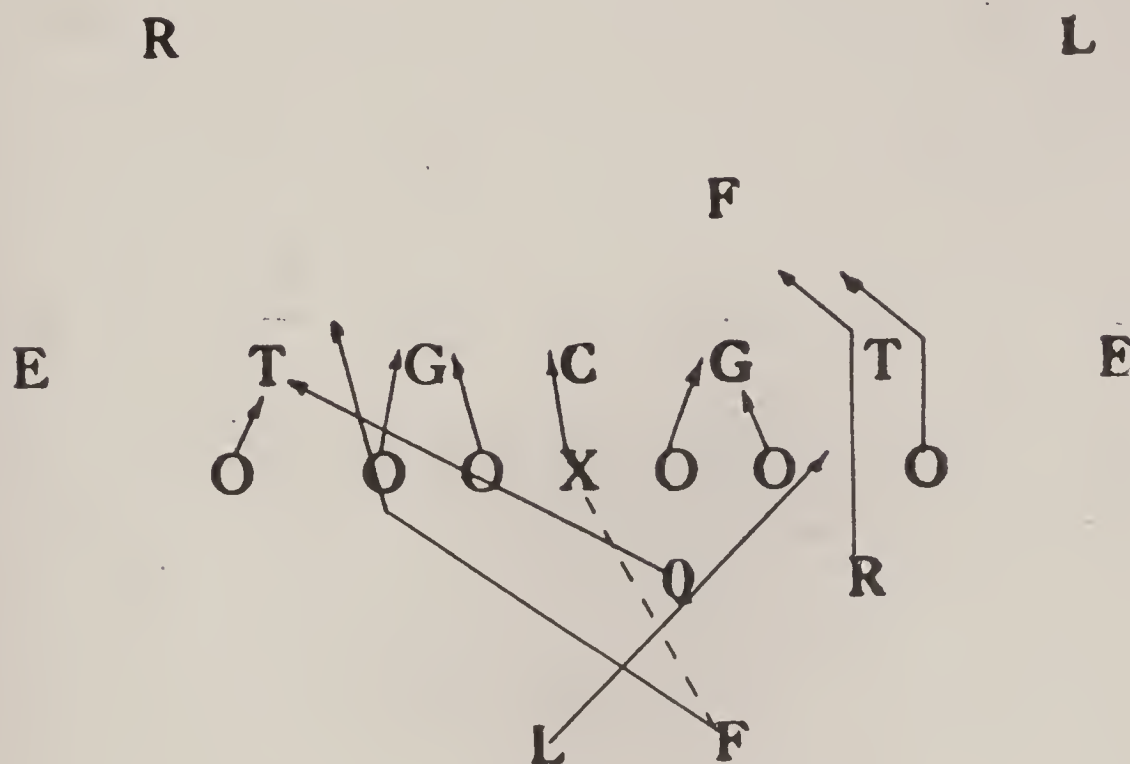




**Play No. 4.**

Signal on left, 46.

Signal on right, 43.



Right End—goes through for the fullback.

Right Tackle and Right Guard—block the guard.

Center—blocks the center to the right.

Left Guard and Left Tackle—take the guard straight back.

Left End and Quarterback—block the tackle out.

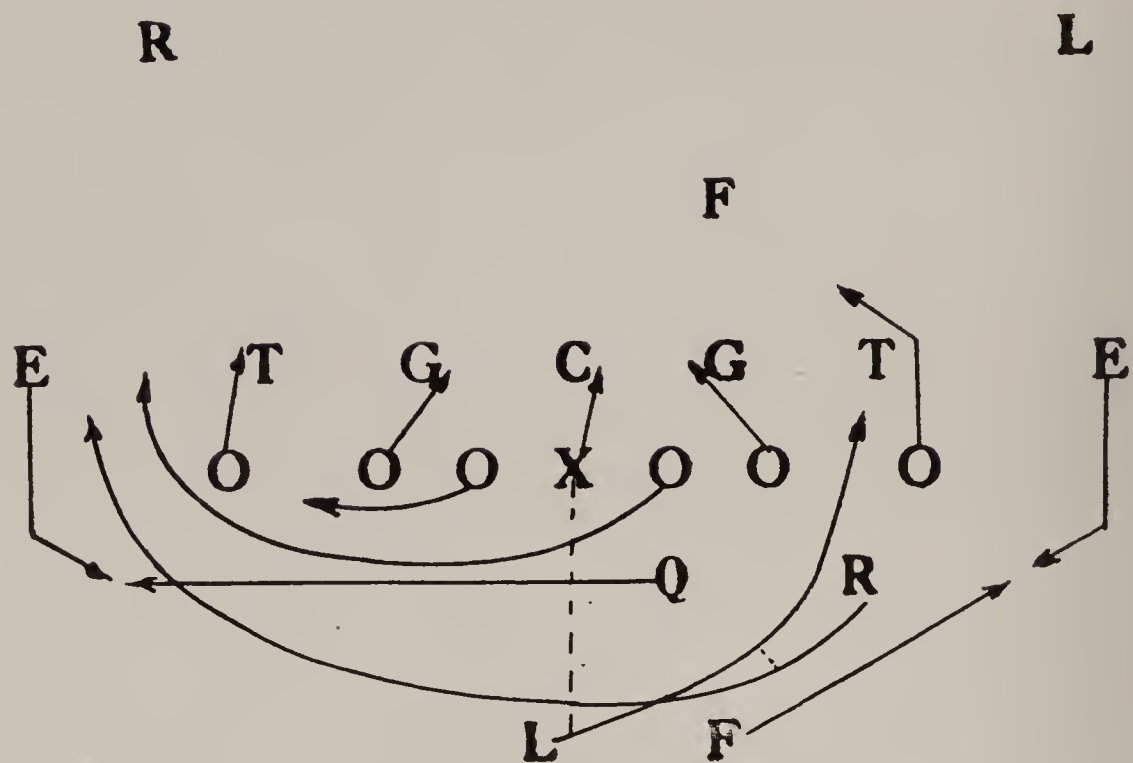
Left Halfback—fakes across in front of the fullback and blocks the tackle.

Fullback—receives the ball on a direct pass, delays to let the left halfback pass in front of him and carries it between the defensive right guard and tackle.

Right Halfback—goes through for the fullback.

**Play No. 5.**

Signal on the right, 72.



Right End—goes through for the fullback.

Right Tackle—blocks the guard.

Right Guard—comes around behind his own line and forms interference for the runner.

Center—blocks the opening left by the right guard.

Left Guard—comes around behind his own line and helps his left end block the tackle in.

Left Tackle—blocks the opening left by the left guard.

Left End—blocks the tackle in.

Quarterback—blocks the right end out.

Fullback—blocks the left end.

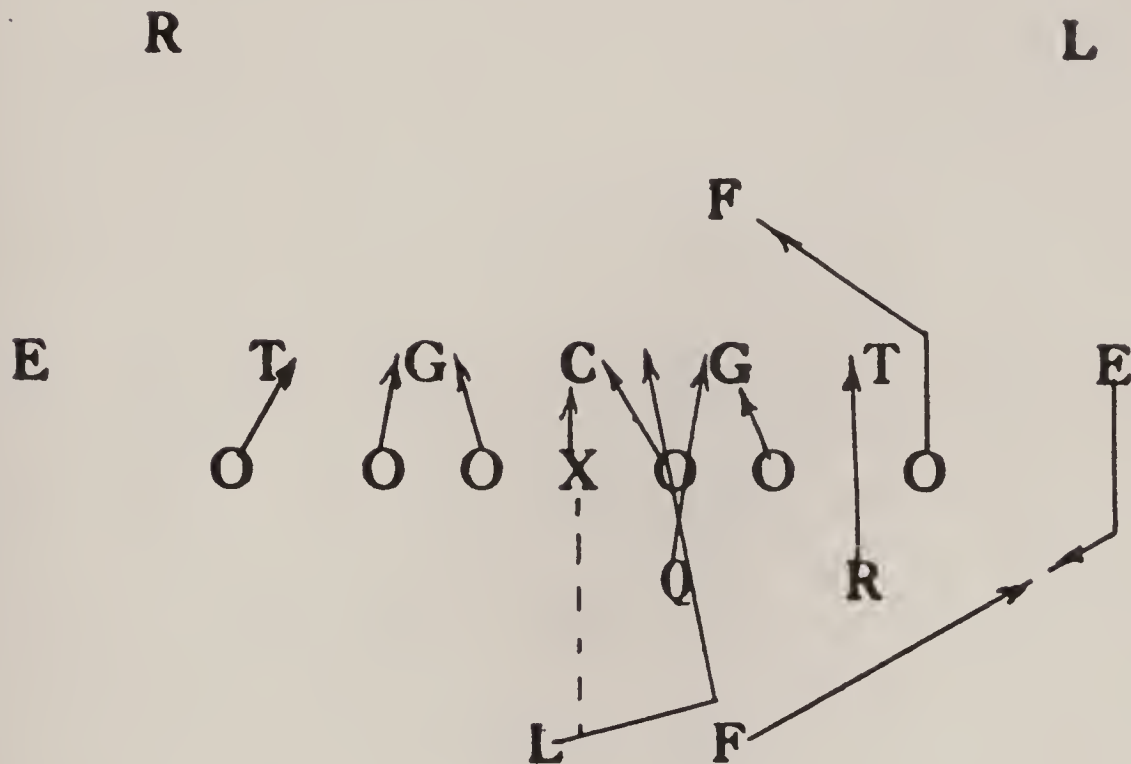
Left Halfback—receives the ball on the cross-over, and carries it inside of the right halfback, at the same time handing him the ball. After passing the ball the left halfback continues and blocks the tackle.

Right Halfback—comes up to his normal position, then pivots on his right foot and faces in the opposite direction. The ball is handed to him and he carries it either inside or outside of the defensive right end, depending upon the way the end came in and was blocked.

**Play No. 6.**

Worked only on the right.

Signal 75.



Right End—goes through for the fullback.

Right Tackle and Quarterback—block the guard to the right.

Right Guard and Center—block the center to the left.

Left Guard and Left Tackle—take the guard straight back.

Left End—blocks the tackle.

Right Halfback—blocks the tackle.

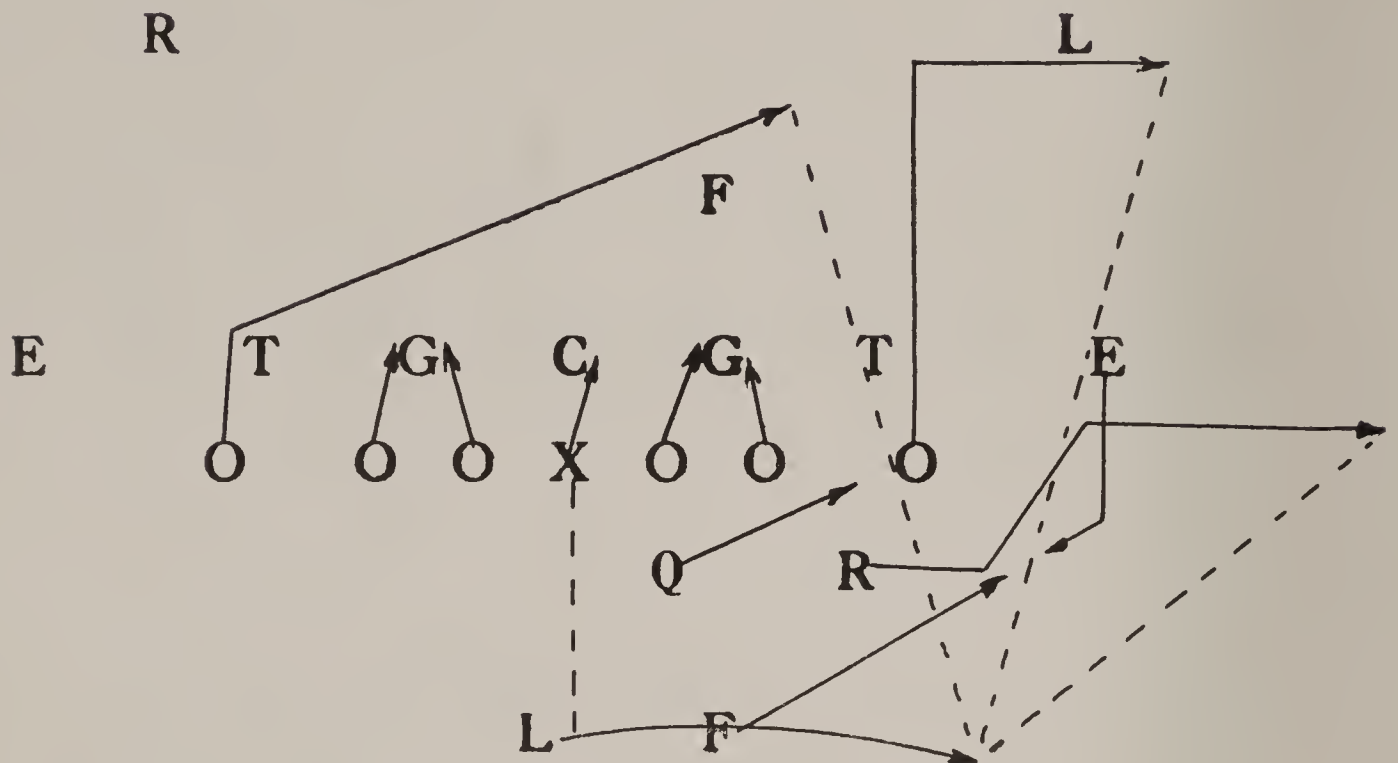
Fullback—blocks the end.

Left Halfback—receives the ball on the cross-over, take one more step, hitting on the outside foot, and cuts back through center.



**Play No. 7.****Running Pass**

Signal on the right, 87.



Right End—goes straight down the field about 8 yards, then makes a right-angle turn to the right, looking for the ball.

Right Tackle and Right Guard—block the guard.

Center—blocks the center.

Left Guard and Left Tackle—block the guard.

Left End—goes down the field to receive the pass or to block off the safety after the pass is completed.

Right Halfback—goes out laterally along the line of scrimmage, looking for the ball.

Quarterback—blocks the tackle.

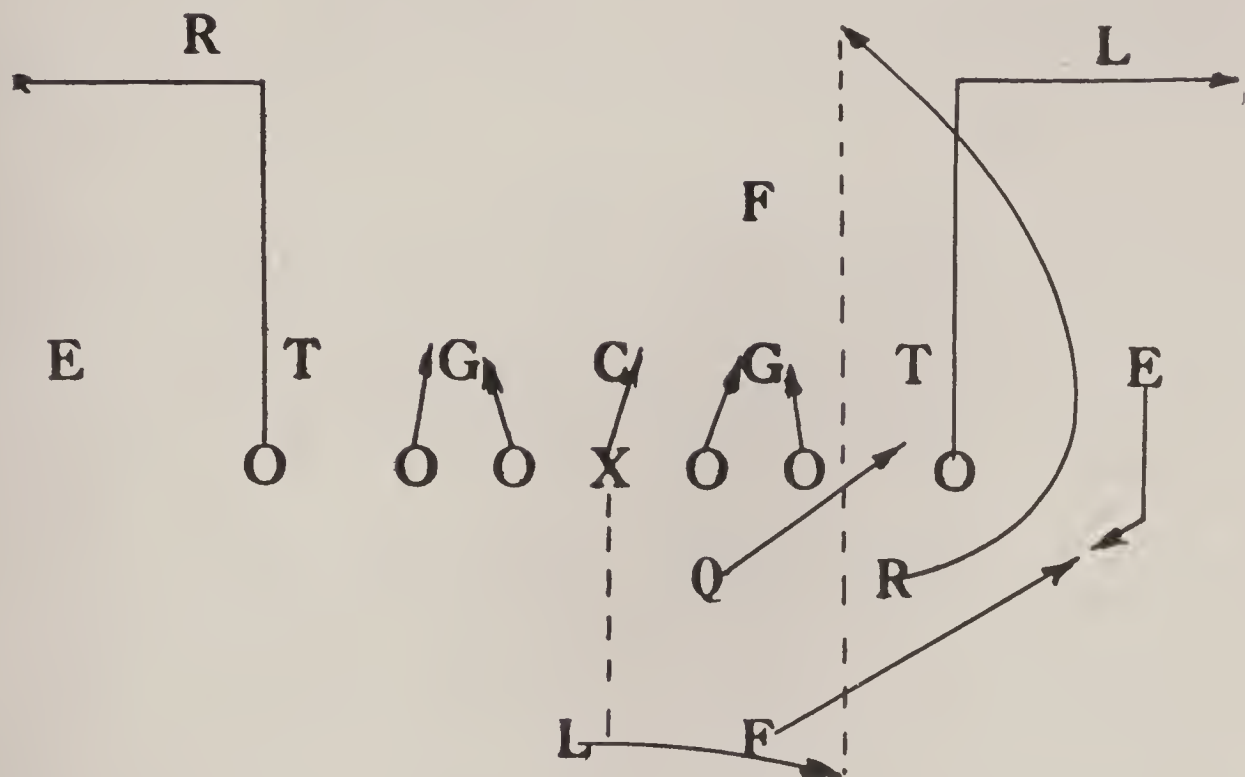
Fullback—blocks the end.

Left Halfback—receives the ball and fakes a run by starting out laterally, passing either to the right halfback, right end, or the left end, respectively.

**Play No. 8.**

Worked only on the right.

Signal 85.



Left End—goes straight down the field about 8 yards, and makes a right-angle turn to the right to draw the defensive left halfback away from the pass.

Right Tackle and Right Guard—block the guard.

Center—blocks the center.

Left Guard and Left Tackle—block the guard.

Left End—goes straight down the field about 8 yards then swings off toward the left to draw the defensive right halfback away from the pass.

Right Halfback—runs outside of the defensive tackle, takes about six steps straight down the field from the line of scrimmage, then cuts back diagonally over center. He should look for the ball and it should be passed to him on the run just as he turns toward the inside.

Quarterback—blocks the tackle.

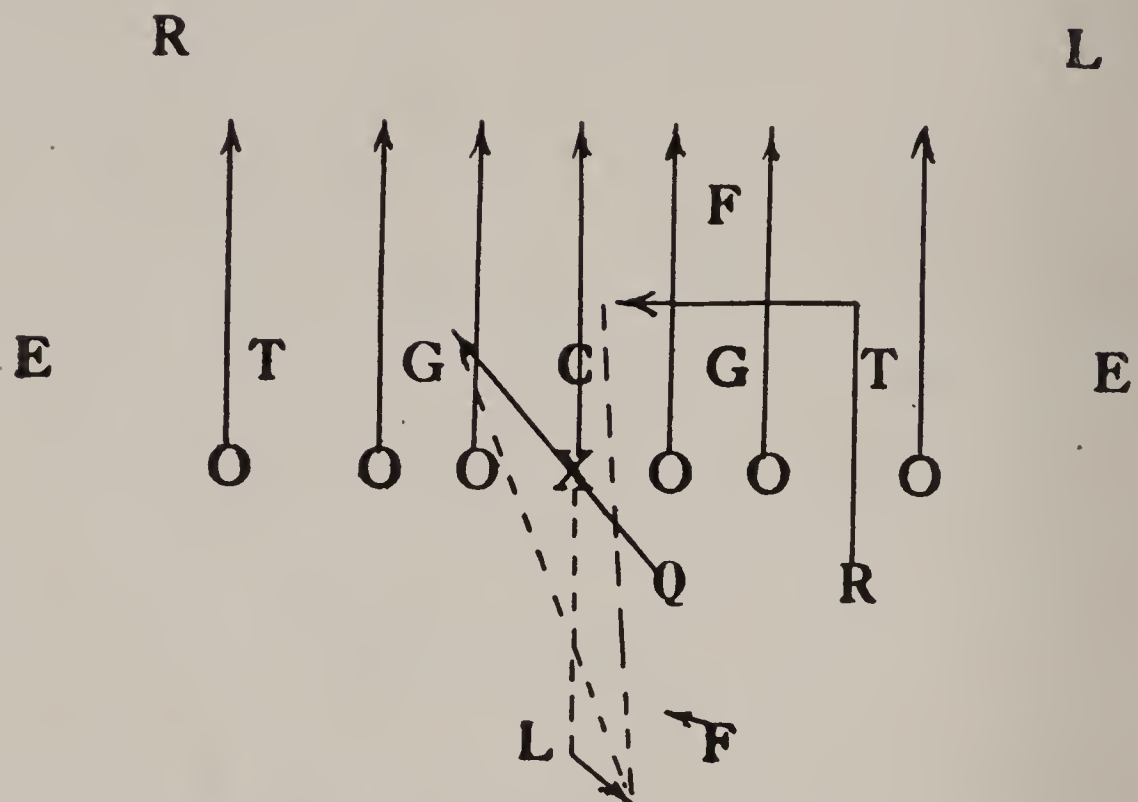
Fullback—blocks the end.

Left Halfback—receives the ball on a direct pass, comes to a complete stop on the fourth step, and passes the ball to the right halfback.

**Play No. 9.****Screen Pass**

Worked only on the right.

Signal 84.



On this pass the offensive linemen with the snap of the ball avoid the defensive linemen permitting them to come through while they rush down the field toward the backfield defense. They do not block them, but merely interfere with their freedom of action.

Quarterback and Right Halfback—sift through the defensive linemen and receive the ball behind the screen formed.

Fullback—protects the passer.

Left Halfback—drops back about 2 yards and passes to an open receiver.



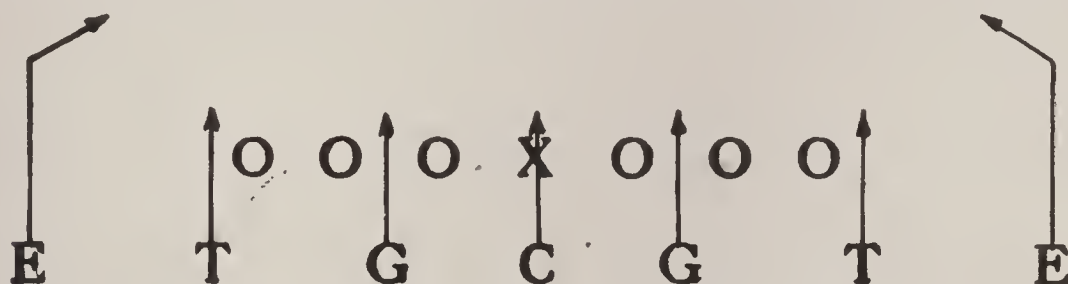
### Line Defense

The cup system of defense is the one used by most teams and is the most practical of all. The ends charge in fast and turn the play in to the tackles; the tackles force the play into the guards and center.

The primary line—that is, everybody on the defensive line except the center—charges aggressively with the snap of the ball, trying to stop the play by piling it up behind the line of scrimmage.

### Balanced Line

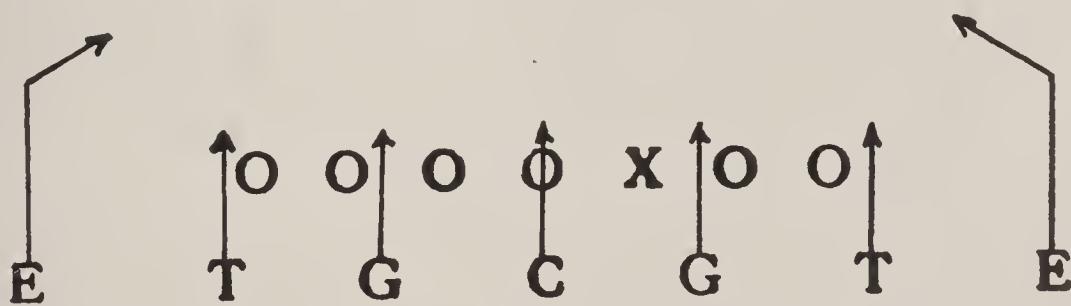
The ends take two steps straight forward, then face in to meet the play. The tackles playing slightly outside of the offensive ends drive in fast, outside of the ends. The guards playing between the offensive guards and tackles.



drive in against the tackles, driving them against the ends, and back into the play. The center drives straight ahead, shoving the offensive center back into the backfield.

### Unbalanced Line

The line defense is the same against an unbalanced line as against the balanced line. All of the defensive linemen move one position in the direction of the opponents' shift, and charge in the same manner. Regardless of whether the opponents use a balanced or an unbalanced



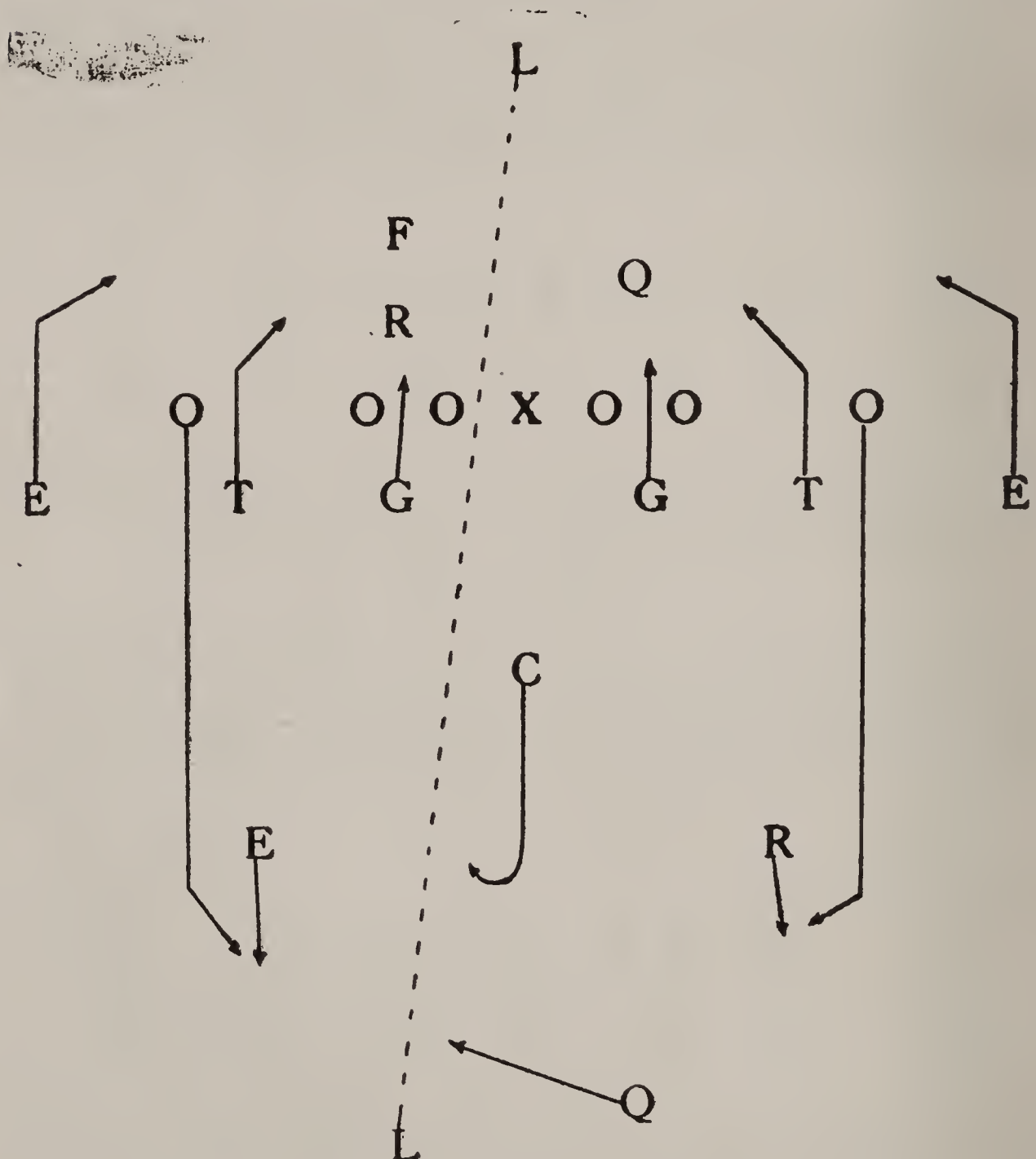
line, the tackles always play the offensive ends; the guards play between the second and third offensive linemen and the center always in front of the middle lineman in the offensive formation.

### Defense Against Quick Shifts

The defense against these shifts are diagramed and fully explained in the chapter on Exercises for Teaching the Fundamentals of Backfield and Line Play.

## PUNT DEFENSE

This defense should be used when a punt is expected. The ends go in carefully, watching for an end run. If the kicker is slow and sluggish, the ends should try to block the kick. The tackles play a little wider than usual and rush through to block the kick. The guards drive through as on running plays. The center plays back about 10 yards and drops back with the kick, blocking the first man com-



ing down the center of the field. The fullback and the right halfback play back about 15 yards and inside of the offensive ends. They keep on the inside and slightly ahead of the ends until they cut in to tackle the receiver. The regular

rolling body-block is then used. The left halfback and the quarterback play back at the extreme range of the kicker and about 20 yards apart. When one receives the kick the other crosses over in front of him either to block for him or to be on the lookout for a fumble.



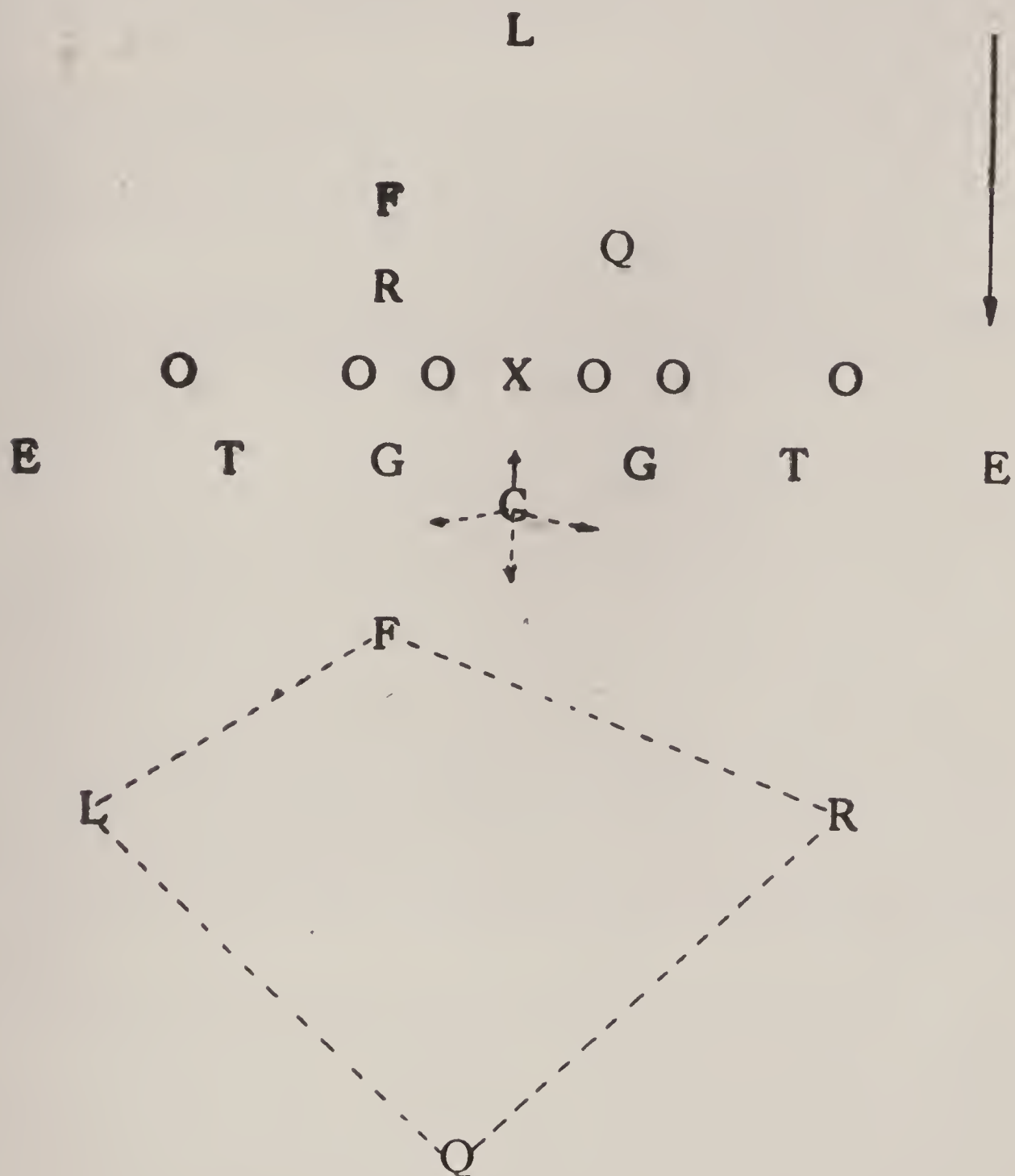
## DEFENSE AGAINST RUNNING AND PASSING ATTACK

The defense against running plays and forward passes begins with the linemen. It is their duty to drive in and break up the play before it gets well started. The primary line (ends, guards and tackles) drive in aggressively through the opponents' line. The secondary defense (full-back and center) follow in front of the ball fighting their way to the man who is carrying it. The tertiary defense (both halfbacks) hold themselves in reserve until the play develops; then they go in to meet it. On passes the primary defense should hurry the passer so that he will not have time to locate his open receivers. The backs should keep the receivers of passes between themselves and the passer until the ball leaves his hand; they then play the ball. They should intercept all short passes except on the fourth down. When in doubt they should knock all passes to the ground.

In the case of high school teams, since the players are inexperienced, and the opponents pass plays are generally not known in advance, the players should be thoroughly drilled in the general principles of forward pass defense. As far as possible the duties of the defensive players should be clearly outlined, especially with respect to the covering of eligible receivers.

## DEFENSE AGAINST PUNT OR SHORT FORMATIONS

## 1. Diamond Defense Formation.



90 YARD LII

To be used from the opponent's goal line to the defensive team's 30 yard line.

**Ends, Tackles and Guards**—play in their normal defensive positions and charge in aggressively to develop the play.

**Center**—plays about two yards back of the line, and stays in this position when a run or pass is expected. If a line plunge is anticipated, he goes up into the line and drives straight through, but if the play develops into a pass or a run, he can drop back out of the line and follow the ball. On passes he covers any receiver on the weak side and with the fullback covers the space over center.

**Halfbacks**—play from 12 to 15 yards back of the line and in the spaces between their own tackles and ends. They are responsible for all long runs. On passes they cover the ends on their respective sides, or any halfbacks who come deep.

**Fullback**—plays in the center of the opponent's offensive strength and from 6 to 8 yards back. He is responsible for all plays from end to end. On passes he covers any eligible player who goes out laterally or into the center area.

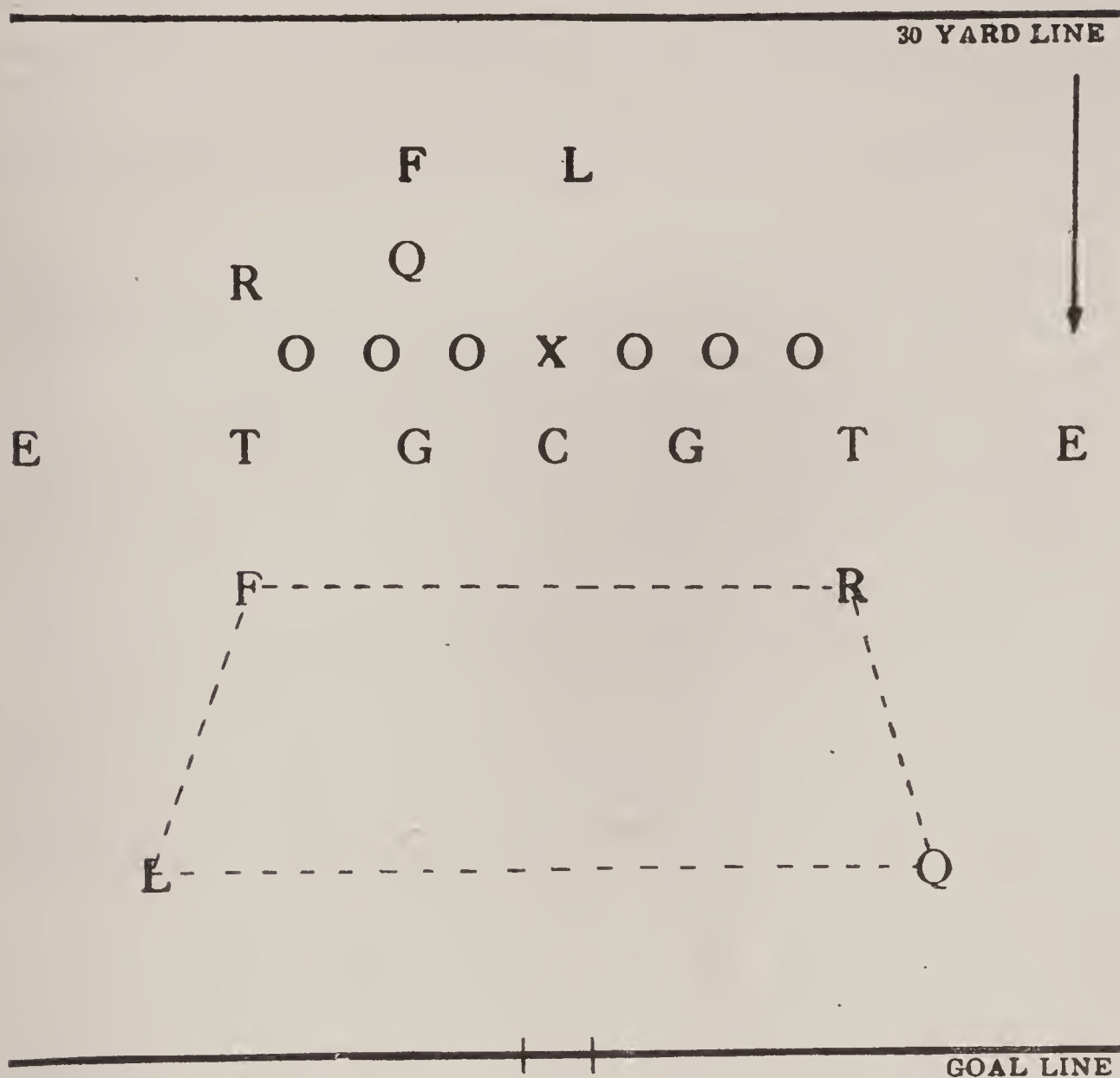
**Quarterback**—plays back in a position to handle a punt until the opponents pass the center of the field, he then moves up to a point about 20 yards from the line. On passes he plays the ball and covers any eligible man who is not covered by the other backs.

The diagram shows the defensive position of the ends, the two halfbacks and the fullback against a punt formation. If the opponents use a short formation, i. e., the last man in their backfield formation playing less than 6 yards from the line of scrimmage, all of the defensive backs and the ends move in closer to the ball.



## 2. Square Defense Formation.

To be used from the defensive team's 30 yard line to their own goal line.



Center—moves into the line, becomes a member of the primary defense, and drives straight through.

Fullback and Right Halfback—(the two best men at backing up a line) take their positions directly behind their own tackles and from 4 to 5 yards back. On running plays they reinforce the line and assist the halfbacks on wide end runs on their respective sides. They are responsible for all running plays from end to end. On pass plays they cover passes over the center area and short lateral passes on either side.

Left Halfback and Quarterback—play from 12 to 15 yards back and in the spaces between their own tackles and ends. They are responsible for all long runs. On passes they cover the ends on their respective sides, or any halfbacks who come deep.

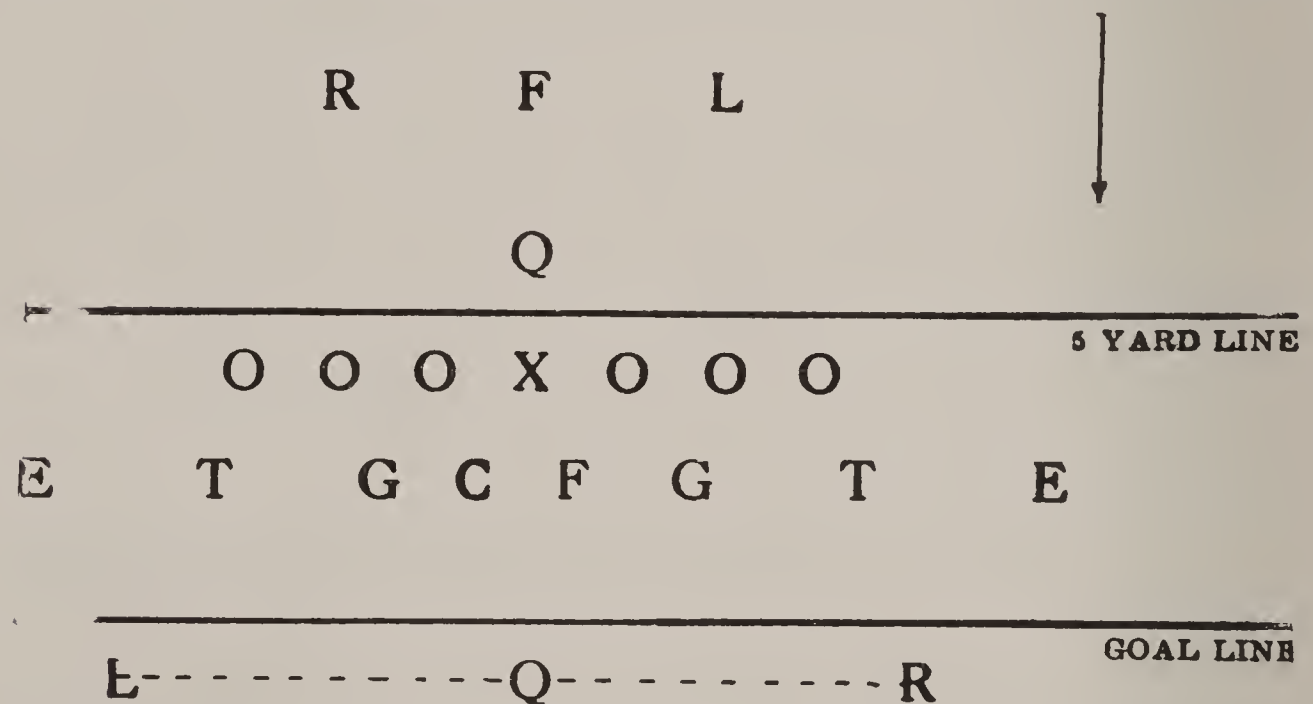
This defense should be used right up to the goal line against teams that are strong on end runs and passes.

From either defensive formation, if an offensive end should turn in sharply over center, the halfback who is covering him should look to see if there is an eligible receiver coming from the opposite direction to criss-cross with him; if so, he should call out, "man across," leave the man he was originally covering to be cared for by the other halfback, and himself take the player coming toward him.

### 3. Goal Line Defense.

Defense to be used inside the 5-yard line against teams that are exceptionally strong in smashing the line, and not especially strong on end runs or passes.

The fullback goes into the line to the right of the center. This makes an eight-man primary defense. All of the linemen play with one hand on the ground and drive



straight in. The two halfbacks and the quarterback play from 2 to 6 yards back, the distance varying with the proximity of the ball to the goal line. They support the line and cover short passes.

### 4. Screen Pass Defense.

Ends and Tackles—rush the passer.

Guards and Center—when they feel the offensive line drifting through should drop back, keeping the eligible men between themselves and the passer, at the same time being on the alert to intercept the pass.

Halfbacks—cover the ends.

Fullback—should fight his way through the screen to cover eligible men and to attempt to intercept the pass.

## GENERAL DEFENSE AGAINST OPEN FORMATIONS

Since open formations are in common use and the opponent's plays are generally not known beforehand, the most that can be done in preparation against this style of attack is to give the players practice against the most commonly used open formations. Each open formation requires its own special defense.

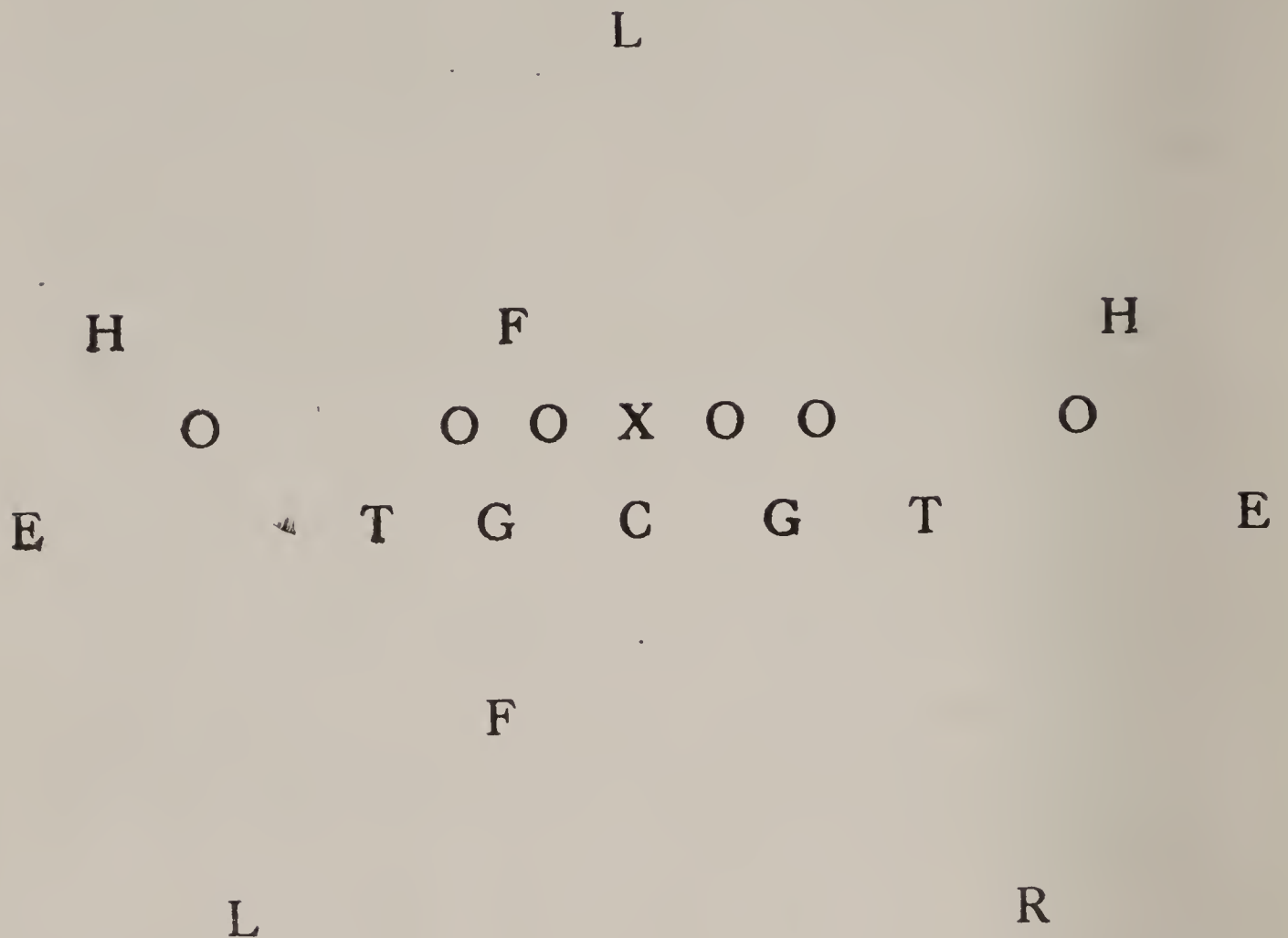
Inasmuch as the offensive strength is divided, the opponents are thereby prevented from attacking any one spot with great force. When the opponents spread out, the defense must spread out with them. In meeting formations of this kind the defense should learn to size up the opponent's formation and its possibilities, to note the distribution of the players, and to shift instantly to meet them.

If a new formation should take the defense completely by surprise, and the opponents are making consistent gains with it, the defensive team should take time out for a conference to solve the formation and to perfect a defense.

The following diagrams show some of the open formations that are in common use, and the special defense which is generally used with good success against each of them.



**1. Open Formation.** One Halfback playing Wide on Each Side.



Guards—play in their normal defensive position and charge in aggressively to develop the play.

Tackles—widen a little so as to be in a better position to break up end runs and hurry the passer.

Center—plays in the line because of the threat of a line buck by the fullback. If the ball is passed direct to the man in the kicker's position, the center should drop back out of the line and help to cover the space over center.

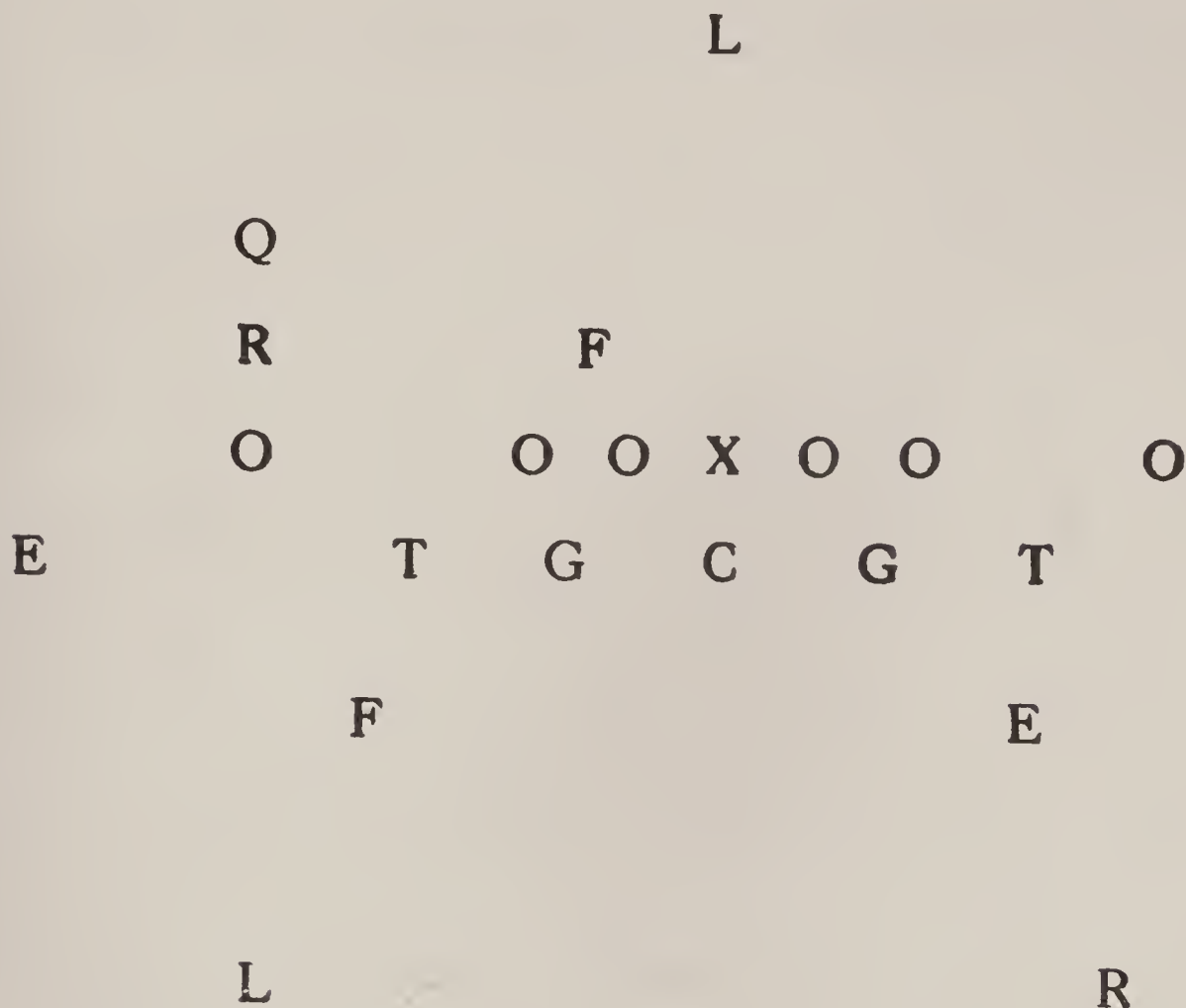
Ends—move out with the offensive halfbacks and cover short passes to either the ends or the halfbacks.

Halfbacks—cover passes to the ends or to halfbacks who come deep.

Fullback—covers any eligible receiver who comes over the center area.

Quarterback—covers any eligible man who is not covered by the other backs.

## 2. Open Formation—Two Halfbacks Playing Wide on the Same Side.



Guards—play in their normal defensive positions and charge in aggressively to develop the play.

Tackles—widen a little so as to be in a better position to break up end runs and hurry the passer.

Center—plays in the line because of the threat of a line buck by the fullback. If the ball is passed direct to the man in the kicker's position, the center should drop back out of the line and help to cover the space over center.

Left End—Moves outside of the offensive backs. From this position he can still cover end runs and short passes to one of the backs behind the line.

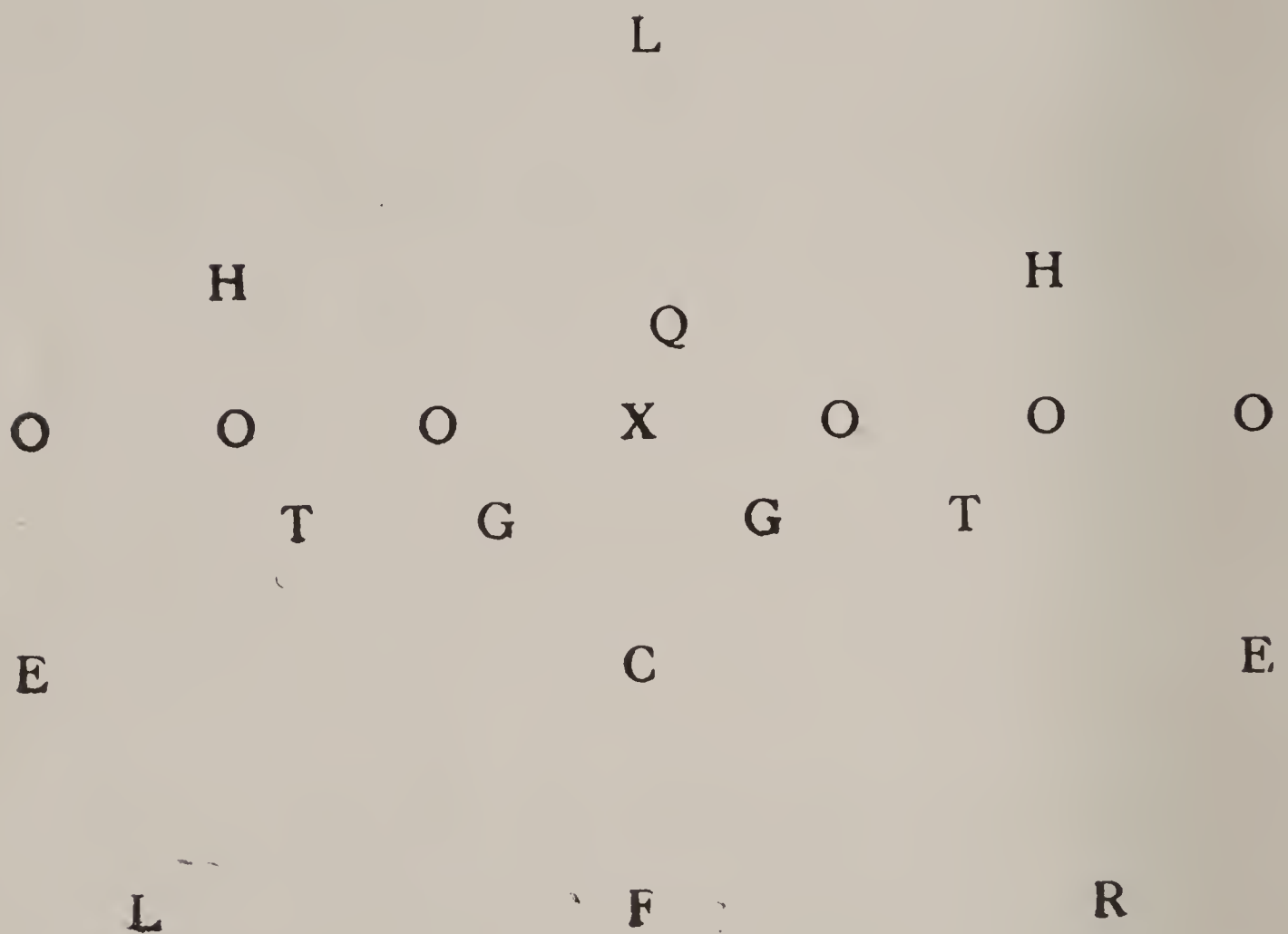
Right End—drops back about 4 yards behind his own tackle to reinforce the line and cover passes made into the center area.

Halfbacks—cover all long passes to the ends or to halfbacks who come deep.

Fullback—widens and covers any receiver who comes into center area.

Quarterback—covers any receiver who is not covered by the other backs.

### 3. Open Formation—Line and Backfield Spread I.



Guards and Tackles—play inside of their opponents and drive through to develop the play.

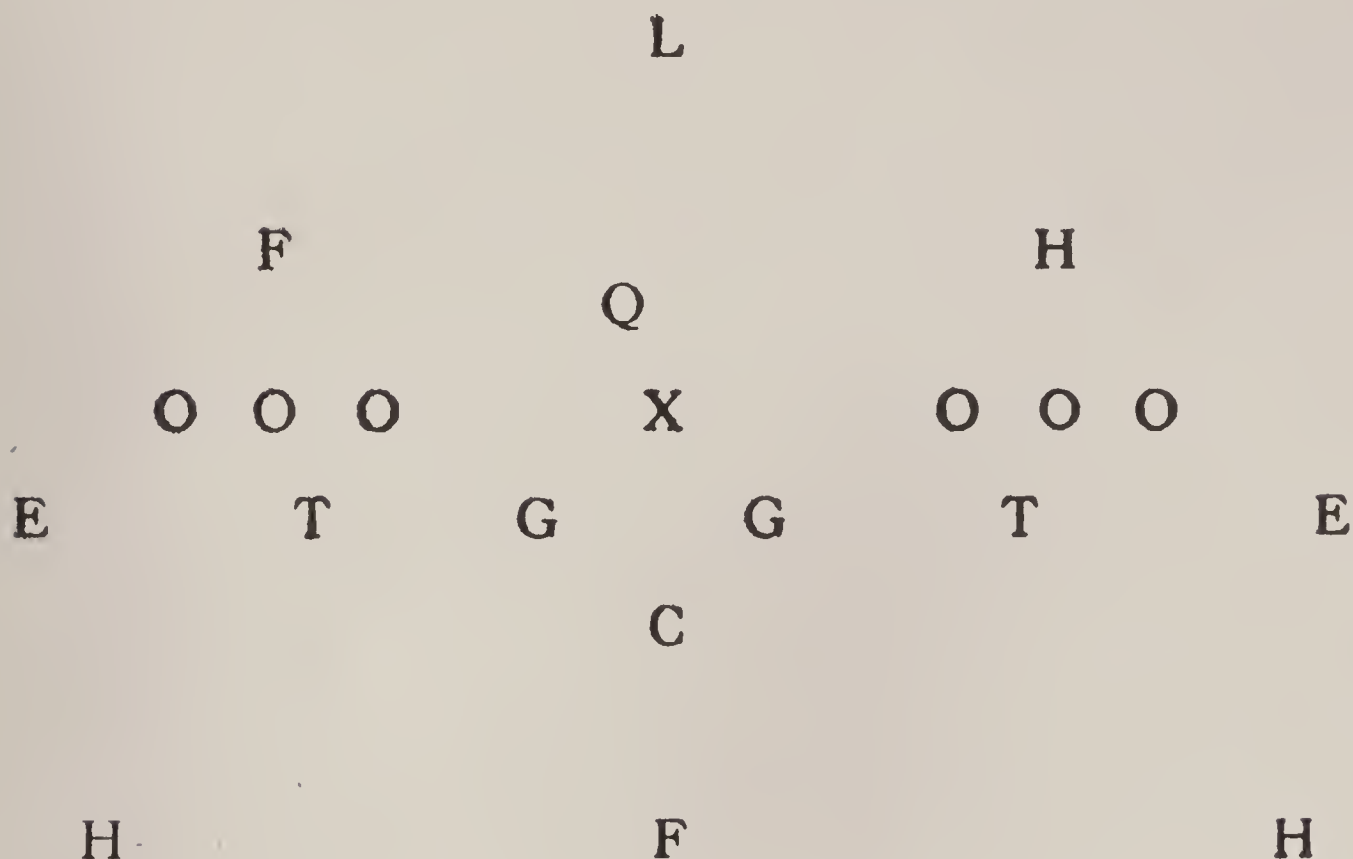
Ends and Center—drop back about 4 yards and watch for runs and short passes.

Halfbacks—cover all long passes on their respective sides.

Fullback—covers all long passes over center.

Quarterback—covers any eligible man that is not covered by the other backs.



**4. Open Formation—Line and Backfield Spread II.**

**Ends**—play on the line and watch for end runs and short passes.

**Tackles**—play in the space between the offensive guards and tacklers and drive through to prevent line bucks by the halfbacks.

**Guards**—play in close and watch for runs over center by the quarterback and halfbacks. They also hurry the passer if the ball is passed direct to him.

**Center**—plays back about 4 yards and watches for runs and short passes over center.

**Halfbacks**—cover all long passes on their respective sides.

**Fullback**—covers all long passes over center.

**Quarterback**—covers any eligible player who is not covered by the other backs.











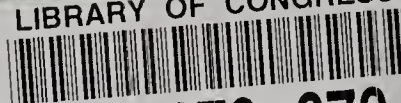








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